



# Cheesy Bacon Grits

This warm and savory comfort food is packed with flavor and is hearty enough to sustain you throughout the day.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
Iowa Department of Education

**Preparation Time:** 45 minutes

**Cook Time:** 30 minutes

**NSLP/SBP crediting information:**

½ cup serving provides ¼ oz equivalent meats/meat alternates and 1 ½ oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey bacon, low sodium	1 lb		2 lb		<ol style="list-style-type: none"> <li>1. Lay turkey bacon out in a single layer on a sheet pan.</li> <li>2. Bake in a 350 °F oven for 20-25 minutes. Bacon should be crisp. Break bacon into small bite-sized pieces.</li> <li>3. Combine milk, chicken broth, and water in a sauce pan or steam kettle. Bring to a boil.</li> </ol>
Nonfat milk	8 lb 8 oz	1 gal 2 qt 1 cup	17 lb	3 gal 2 cups	
Chicken broth, low sodium	8 lb	1 gal	16 lb	2 gal	
Water	4 lb 8 oz	2 qt 1 cup	9 lb	1 gal 2 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Grits, whole corn	3 lb 7 ½ oz	2 qt ¼ cup	6 lb 15 oz	1 gal ½ cup	<b>4.</b> Slowly whisk in grits, reduce heat. <b>5.</b> Cover and let the grits simmer for 5 minutes, stirring occasionally.
Greek yogurt	1 lb 7 oz	2 ⅓ cups	2 lb 14 oz	1 qt ⅔ cup	<b>6.</b> Remove from heat and add yogurt and cheese. Whisk until the cheese is melted.
Cheddar cheese, reduced fat, shredded	11 oz	2 qt 1 ⅓ cups	1 lb 6 oz	1 gal 2 ⅔ cups	<b>7.</b> Serve ½ cup (No. 8 scoop).
*Scallions, sliced thin	3 oz	1 qt	6 oz	2 qt	<b>8.</b> Serve with bacon pieces, scallions, and cheese. <b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.
Cheddar cheese, reduced fat, shredded	5 oz	1 qt ¼ cup	10 oz	2 qt ½ cup	

**CHEESY BACON GRITS  
NUTRITION INFORMATION**

For ½ cup (No. 8 scoop)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>212</b>
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<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	3 g
Cholesterol	24 mg
<b>Sodium</b>	<b>260 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	1 g
Total Sugars	7 g
Added Sugars included	N/A
<b>Protein</b>	<b>12 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	275 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

<b>*MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Fresh green onions (scallions)	8 oz	1 lb

<b>NOTES</b>
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
 Cooking Process #2: Same Day Service

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
About 3 gal 1 qt 1 cup	About 6 gal 2 qt 1 ½ cup
About 29 lb	About 58 lb 7.2 oz

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

