

Cain's Corner

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Nutrition Tips from USAPEEC's
Registered Dietitian



cheese grits bowl

Pair stone-ground, whole grain grits with black beans in this Tex-Mex recipe for the perfect marriage of amino acids - together these ingredients form a complete protein. Mix and match toppings to your liking for the perfect hearty dish.



4 cups Water
1 cup Stone-Ground Grits (dry)
1.25 tsp Kosher Salt
1 28 oz can Low-Sodium Black Beans, rinsed & drained
1 tsp Ground Cayenne
0.5 cup Cheddar Cheese, grated
1 Ripe Avocado, sliced
1 Large Radish, thinly sliced
1 pint Cherry Tomatoes, sliced in half
1 jar Pre-made Salsa
1 bunch Scallions, chopped
1 Lime, cut into wedges
4 - 8 Chicken Tenders
Salt and Pepper, for seasoning

- 1) Prepare all veggies according to ingredient list.
- 2) Combine water, grits, and salt and cook over low heat in a pot. Stirring regularly, cook until completely tender and liquid is absorbed.
- 3) While grits cook, season chicken with salt and pepper. Sear in a skillet over medium-high heat until cooked through/until meat thermometer reads 165°F.
- 4) Combine black beans with cayenne and cook in a saucepan over low heat until warm.
- 5) Add cheese to grits and stir until creamy.
- 6) Spoon grits into a bowl and top with black beans, avocado, tomato, radish, chicken tenders, a little salsa, scallions, and lime wedges. Enjoy!

