

Pearl Milling
Company™

OLD FASHIONED
GRITS

Baked Cheese Grits

4 to 6 SERVINGS

This simple, cheesy side dish is wonderful with baked ham, oven-fried chicken and brunch-time eggs – and garlic gives it added zip!

- 3-1/2 cups water

3/4 cup Pearl Milling Company™ Old Fashioned Grits, uncooked

1/4 teaspoon salt (optional)

1 egg, beaten
- 1 cup (4 oz.) shredded cheddar cheese

2 tablespoons margarine

1/8 teaspoon garlic powder (optional)

Dash red pepper sauce or ground red pepper (optional)

Heat oven to 350°F. Grease 1-1/2-qt. casserole or baking dish. Prepare grits according to package directions. Add small amount of grits to beaten egg. Return grits mixture to pan. Add remaining ingredients. Cook over low heat an additional minute or until cheese is melted. Pour into prepared casserole; bake 30 to 40 minutes, or until top is set and lightly puffed. Let stand 5 minutes before serving.

Grits and Cheese Biscuits

16 BISCUITS

- 1-1/2 cups all-purpose flour

1/2 cup Pearl Milling Company™ Old Fashioned Grits, uncooked

4 teaspoons baking powder
- 1/4 teaspoon salt (optional)

1/2 cup (1 stick) margarine

1 cup (4 oz.) shredded cheddar cheese

1/2 cup milk

Heat oven to 425°F. Combine dry ingredients; cut in margarine until mixture resembles coarse crumbs. Stir in cheese; add milk, mixing just until dry ingredients are moistened. Shape dough to form a ball; knead gently on lightly floured surface 3 to 4 times. Roll out dough to form 8-inch square. Cut into four 2-inch wide strips; cut each strip crosswise into 4 pieces. Place biscuits about 1-inch apart on ungreased cookie sheet. Bake 12 to 14 minutes or until lightly browned.

VARIATION: Add 1/3 cup finely chopped cooked ham and 1/4 cup finely chopped onion with cheese. Proceed as recipe directs.

Fried Grits

6 SERVINGS

Chill leftover grits overnight; then slice, cook until golden brown and serve with Pearl Milling Company™ Syrup for a traditional Southern breakfast.

Prepare 6 servings of grits as package directs. Pour into 8x4 or 9x5-inch loaf pan. Cover; refrigerate several hours or overnight. Unmold; cut into 1/2-inch slices. In small amount of margarine or drippings, fry grits over medium-high heat about 10 minutes per side, or until golden brown. Serve with your favorite Pearl Milling Company™ Syrup.



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Cooks in 20 minutes or less.

STOVETOP			
Servings	1	4	6
GRITS	1/4 cup	1 cup	1-1/2 cups
WATER	1 cup	4 cups	6 cups
SALT (OPTIONAL)	dash	1/4 tsp.	1/2 tsp.

- Slowly stir grits and salt into briskly boiling water.
- Reduce heat to low; cover. Cook 15 to 20 minutes or until thickened, stirring occasionally. Remove from heat.

MICROWAVE*	
Servings	1
GRITS	1/4 cup
WATER	1 cup
SALT (OPTIONAL)	dash

- For 1 serving, combine water, grits and salt in 2 cup microwave-safe bowl; stir.
 - Microwave on MEDIUM (50% power) 7 to 10 minutes or until thickened when stirred.
- *Microwave ovens vary in power. Cooking time may need to be adjusted.
Tip: For thicker grits, decrease water; for thinner grits increase water.

PLEASE NOTE: Tiny dark specks which are natural to corn are occasionally found in this product. They are not harmful in any way, and will not affect the taste or texture of this product.

SAFE HANDLING INSTRUCTIONS: This is made with raw corn, so it is not ready-to-eat and must be thoroughly cooked before eating to prevent illness from bacteria in the corn. Do not eat or play with raw product; wash hands, utensils, and surfaces after handling.

We're here to help.
pearlmillingcompany.com or 800.694.7487
Please have package available when calling.

SMOOTH & CREAMY TEXTURE

SINCE 1889

Pearl Milling
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OLD FASHIONED
GRITS



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NET WT 80 OZ (5 LB) 2.26 kg

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Nutrition Facts

About 55 servings per container
Serving size 1/4 cup (41g)

Amount per serving
Calories 140

% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%

Protein 3g	
Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 1.9mg 10%	Potassium 60mg 0%
Thiamin 0.2mg 15%	Riboflavin 0.1mg 8%
Niacin 1.6mg 10%	Folate 100mcg DFE 25% (61mcg folic acid)

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Degeminated white corn grits, niacinamide*, reduced iron, thiamin mononitrate*, riboflavin*, folic acid*. (406-1-1-02-18)
*One of the 8 vitamins

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