

Sautéed Chard with Cheese Grits

4 cups water
1/2 tsp kosher sea salt
1 cup stone ground grits
1 T butter
1/2 cup grated Asiago or Parmesan cheese
freshly ground black pepper to taste
2 T extra-virgin olive oil
2 cloves garlic, chopped
2 bunches of chard (10 to 12 leaves) trimmed and chopped
1/8 tsp kosher sea salt
pinch of cayenne pepper
fresh cracked black pepper to taste

In a large saucepan, bring the water to a boil and add salt. Slowly add the grits while stirring and boil for 1-2 minutes. Add butter. Cover and reduce heat to low simmer, stirring occasionally for about 45 minutes to 1 hour or until desired creamy consistency. Remove from heat and stir in grated cheese and season with fresh ground black pepper to taste.

Heat 2 tablespoons olive oil in large skillet over a medium high heat. Add garlic and sauté for 15 seconds before adding Swiss chard and sauté for 1 minute or until wilted. Season with salt, cayenne pepper and black pepper. Place grits in center of serving plate topped with sautéed chard to serve.

Tip: For creamier grits, use 2 cups whole milk in place of water.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN