Grits

Grits with Black Beans, Pico, and Avocado

Makes: 4 generous servings

Ingredients:

- 3 cups of water
- ½ tsp salt
- 1 cup corn grits

Directions:

1. Bring water and salt to boil.
2. Stir in grits.
3. Reduce heat and cook slowly for 5 minutes, stirring occasionally.
4. Remove from heat, cover and let stand for a couple of minutes before serving.