

CAJUN GRITS

The way I see it, any recipe that begins with grits has a head start. In this dish, grits team up with bacon and tomatoes to go beyond the breakfast table and serve as a side dish for your noon or evening meal.

- ½ pound bacon
- 1 bell pepper, chopped
- 1 onion, chopped
- 1 (10 ounce) can Ro-Tel tomatoes
- 1½ cups quick cooking grits (not instant)

Fry bacon; drain, crumble, and hide it. (Every cotton-pickin' time I cook with bacon, my hungry bunch comes through, and it disappears before I can get it in the dish.) Reserve bacon grease.

Sauté chopped green peppers and onions in reserved drippings. When vegetables are tender, add can of Ro-Tel tomatoes and simmer a few minutes to draw out flavor. Cook grits according to package directions and add to tomatoes, onions, and peppers. Top with crumbled bacon and serve.

OKRA, CORN, AND TOMATOES

Few recipes are more quintessentially southern than Okra, Corn, and Tomatoes. You can make it with canned or frozen veggies, but it reaches its flavor peak when you can take advantage of summertime's abundant fresh produce.

- 2 cups fresh corn
- 3 to 5 ripe tomatoes
- 1 small onion, grated
- 1 tablespoon brown sugar, firmly packed
- ½ pound fresh okra, trimmed and cut into ½-inch slices

In heavy saucepan, combine all ingredients and simmer covered until okra is tender.

Gardening is cheaper than therapy and you get tomatoes.

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