

Jerk Roasted Veggies & “Cheese” Grits

By Chef Lachelle Cunningham

Yield: 4-6 Servings

INGREDIENTS

1 ½ cups cauliflower, cut into 1 inch florets

1 ½ cups broccoli, cut into 1 inch florets

1 red pepper, sliced

1 green pepper, sliced

1 small onion, sliced

2 tomatoes, cut into 8 wedges

** Feel free to use veggies of choice. You should have about 6 cups of chopped veggies total.*



Jerk Marinade

- 1 Tbsp Black Peppercorns
- 1 ½ tsp Dried Thyme
- 1 tsp Salt
- ½ tsp Allspice
- ½ tsp Cinnamon
- ½ tsp Ground Nutmeg
- 5 scallions, rough chopped
- 1 habanero pepper, stem removed
- 1 jalapeno pepper, stem removed
- 3 garlic cloves, peeled
- 1 shallot, quartered
- 1 inch piece fresh ginger, halved

Cheese Grits

- 8 cups vegetable stock
- 1 teaspoon salt
- 1/4 teaspoon pepper
- ½ teaspoon garlic powder
- 2 cups regular grits
- 1/2 cup unsweetened dairy free milk
- 16 ounces vegan cheddar, cashew or vegan cheese of choice, chopped or shredded
- 2 Tablespoons nutritional yeast (optional)
- Green onions, thinly sliced

DIRECTIONS

1. To make the jerk marinade, finely grind the peppercorns, dried thyme, salt, allspice, cinnamon and nutmeg in a spice grinder or blender and set aside.
2. Combine the scallions, habanero, jalapeno pepper, garlic cloves, shallot and ginger in a food processor and blend well.

3. Mix together the processed wet and dry jerk ingredients and blend well.
4. In a bowl, add the jerk marinade and the chopped veggies and mix well; allow to marinate in the bowl while preparing the grits.
5. Preheat the oven to broil and start making the grits by bringing the stock, salt, pepper, and garlic powder to a boil in a 2-quart saucepan.
6. Once the stock is boiling, stir in the grits and whisk until completely combined. Reduce the heat to low and simmer for at least 20 minutes. If the grits get too thick, add some stock or water to thin them down. Make sure to allow them to fully cook.
7. While the grits are simmering, spread the marinated veggies on a parchment lined sheet pan. Make sure there is plenty of room between the veggies for roasting. If the sheet pan is too crowded, use two.
8. Roast veggies under the broiler until desired color and tenderness is reached, about 10-15 minutes.
9. Meanwhile, once the grits have been cooking for at least 20 minutes, stir in the non dairy milk, vegan cheese and nutritional yeast and continue simmering for 10-15 minutes until bloomed. Season to taste.
10. Serve the grits in a bowl garnished with shredded vegan cheese, jerk roasted veggies and green onions.