

## Baked Polenta with Goat Cheese



Serves 4

### Ingredients:

- $\frac{3}{4}$  cup yellow cornmeal
- $\frac{1}{2}$  tsp sea salt
- $\frac{1}{4}$  cup goat cheese, softened
- 2 tbsp olive oil
- $\frac{1}{4}$  tsp black pepper, freshly ground
- A sprig of fresh rosemary
- Several sprigs of rosemary to garnish

**Procedure:**

- Preheat the oven to 205oC/ 400oF.
- Combine the cornmeal, salt and 2 cups of water in a 2-quart casserole, and bake for 20 minutes.
- Chop the sprig of rosemary, and rub it between your hands to warm it and release its aromatic oils.
- Add it to the cornmeal along with the goat cheese, olive oil, and pepper.
- Bake an additional 25 minutes.
- Remove from the oven, and let stand for 3 minutes.
- Garnish with the remaining sprigs of rosemary, and serve hot.

**Per serving:**

- Calories: 191
- Protein: 4 gm
- Carbohydrates: 21 gm
- Fat: 10 gm