

Polenta



Serves 6

Ingredients:

- 3 cups water
- $\frac{3}{4}$ cup yellow cornmeal
- Salt and pepper to taste

Procedure:

- Heat water to boiling; gradually stir in cornmeal.
- Cook over medium to medium-low heat, stirring constantly, until polenta thickens enough to hold its shape but is still soft, 5 – 8 minutes.

Per serving:

- Calories: 55
- Protein: 1 gm
- Carbohydrates: 12 gm
- Fat: 0.5 gm

This basic recipe can be varied to your taste as:

Blue cheese/ goat's cheese polenta: stir $\frac{1}{2}$ cup crumbled blue cheese or goat's cheese into the cooked polenta.

Garlic polenta: Sauté $\frac{1}{4}$ cup finely chopped onion and 4 – 6 cloves minced garlic in 1 tbsp olive oil; add water, and complete recipe.