

## Savory Polenta

### Ingredients:

- 2 tbsp olive oil, plus extra for grilling or sautéing if desired
- 1 medium red onion, finely chopped
- 2 cloves garlic, finely minced
- 4 cups chicken stock or broth
- 1 cup cornmeal, coarse ground
- 1 ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 2 ounces Parmesan, grated



### Making it:

1. Preheat oven to 350 degrees F.
2. Saucepan (large, oven-safe): heat the olive oil over medium heat. Add the red onion and salt and sauté until the onions start to get soft (~4 – 5 min.). Reduce the heat to low, add the garlic, and sauté for 1 – 2 minutes (be sure to not burn to garlic).
3. Turn the heat to high, add the chicken stock, bring to a boil. Gradually add the cornmeal while continually whisking.
4. Once all of the cornmeal is added, cover the pot and place it in the oven. Cook for 35 – 40 minutes, stirring every 10 minutes to prevent lumps.
5. Once the mixture is creamy, remove from the oven and add the salt, and pepper and parmesan, gradually.
6. Two ways to serve:
  - Option 1: Serve as is.
  - Option 2: Pour the polenta into 9 x 13-inch cake pan lined with parchment paper. Place in the refrigerator to cool completely. Once cooled and set, turn the polenta out onto a cutting board and cut into squares, rounds, or triangles. Brush each side with olive oil and sauté in a nonstick skillet over medium heat, or grill.

### Tips and Hints:

- Serve with a protein such as poached salmon fillet or grilled lean steak.
- Steamed broccoli, zucchini or a tomato salad makes a great veggies side.
- Polenta (corn meal) can generally be found near the pasta section of your grocery store.
- For higher energy needs you can add 2 tbsp of butter to step 5.

### NUTRITION FACTS

Servings: 4	
Serving Size: ½ cup	
<b>Total Calories</b>	245
Carbohydrate	28 g
Total Fat	11 g
Protein	10 g
Fiber	3 g
Prep Time: 15	
Cook Time: 50	