Lunch | Dinner | Side

Creamy Polenta

5 Mins	**25 Mins**	**4-8**
Prep Time	Cook Time	Servings

240 Calories   **20g** Fat   **7g** Carbs   **15g** Protein   *(Based on 4 Servings)*

Ingredients

👤 **4 Servings (Main Dish)** • **8 Servings (Side Dish)**   🕐 **30 Mins** Total Time   🚫 **Allergens: Dairy, Corn**

5 Cups Water

1 Cup Polenta 🍴

1 Tbsp Extra Virgin Olive Oil

1 Cup Smoked Gouda, shredded

Salt and Pepper, to taste

Allergen Swap

Dairy Omit the smoked gouda and use parmesan which has trace amounts of lactose, and is typically tolerated in those with dairy intolerance; try a dairy-free cheese; omit cheese

Corn There is no substitute for the polenta

Nourishment Note

🍴 **Polenta**

Polenta is made from corn, a whole grain. Whole grains provide energy to the body, and can help power you through tiring days.

Instructions

1. Cook the Polenta
Bring 5 cups of water to a boil in a medium-sized sauce pan. Stir in the polenta and bring to a boil. Reduce the heat to low and cook, stirring often until the polenta becomes soft and smooth, about 25 minutes. The longer it cooks, the thicker it will become.

2. Combine Ingredients & Enjoy!
Once the polenta is soft, stir in the olive oil and cheese until melted. Season to taste with salt and pepper.

Recipe adapted from williams-sonoma.com

What You'll Need

- Dry & Liquid Measuring Cup
- Cheese Grater
- Medium-Sized Pot
- Wooden Spoon

Fatigue Buster

- Serve as a main entrée with the Roasted Sheet Pan Vegetables on top.

- Serve as a side with the Shredded BBQ Chicken recipe.

- Polenta can also be purchased in a tube. Cut into ½- inch slices, and pan fry in 1 Tbsp of olive oil. Serve alongside your favorite protein.