

Polenta

Yield: 4 servings

Ingredients

3 cups almond milk;
unsweetened, plain
1 cup polenta
1 teaspoon olive oil
2 tablespoons nutritional
yeast flakes
1 teaspoon black pepper

Instructions

1. Preheat the oven to 350 F. Coat a sheet pan with olive oil.
2. Bring milk to a boil. Reduce heat and slowly whisk in polenta.
3. Continue to stir and cook for about 5 minutes. After polenta has thickened, stir in olive oil, nutritional yeast flakes and season with black pepper. Remove from heat.
4. Spread polenta on sheet pan. Place in the oven and bake for 10 minutes. Remove and keep warm.

Nutrition Information

Serving Size: 2 cups

Calories: 182
Total Fat: 3.7g
Saturated Fat: 0.1g
Monounsaturated Fat: 0.4g
Sodium: 137.8mg
Total Carbohydrate: 30.3g
Dietary Fiber: 4.1g
Sugars, Other: 26.2g
Protein: 6.3g

Adapted from: Healthy Recipes, Mayo Clinic Staff.
(2014, August 19)

Presented by
Culinary Medicine

