

(Gluten-free) Pesto Baked Polenta

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipeDetail.aspx?linkId=1&cId=8&rId=58>

Ingredients

- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 cup file yellow (instant) whole-grain cornmeal (polenta)
- 2/3 cup shredded parmesan cheese
- ¼ cup pesto sauce

Instructions

1. Fill a 4-quart saucepan with 3 cups of water; add salt and pepper. Cover. Bring to a boil over high heat.
2. When water boils, reduce heat to medium. Using a whisk or rubber spatula, quickly stir in cornmeal (polenta), cheese, and pesto sauce. Continue stirring until well blended and thick, about 1 minute.
3. Remove from heat. Pour the cornmeal mixture into an 8-inch pie pan or oven-safe dish. Spread evenly with the back of a spoon. Let stand until firm, about 5 minutes.
4. Preheat oven to 400 degrees Fahrenheit. Bake polenta until heated through, about 10 minutes. Remove from oven.
5. Cut into eight wedges. Serve hot.

Makes 8 servings

Serving size: 1 wedge

Nutrition information per serving

Calories: 162	Dietary Fiber: 0 g
Total Fat: 7 g	Sodium: 302 mg
Saturated Fat: 2 g	Protein: 6 g
Cholesterol: 8 mg	Carbohydrates: 20 g