

POLENTA WITH PEPPER AND CHEESE

From USDA SNAP-Ed recipe Finder

<http://recipefinder.nal.usda.gov/>

Ingredients

- 4 cups water
- 1 ½ cup corn meal, or polenta uncooked
- 1 can (11 ounces) whole kernel corn mixed with green and red peppers, drained
- 1 can (7 ounces) green chiles
- ½ tsp. salt
- 1 Tbsp. margarine or butter
- 6 ounce cheese, cheddar, reduced fat, shredded
- 1 can (15 ounces) rinsed black or pinto beans

Garnish

- Cilantro sprigs
- 1 red bell pepper - cut into rings

Instructions

1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.
2. Continue stirring; add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.
3. Gently stir in the margarine, cheese and beans.
4. Remove from the heat and transfer to a serving dish.
5. Garnish with red bell pepper rings and cilantro.

Makes 8 servings (1 cup per serving)

Cost

Per Recipe: \$ 4.38

Per Serving: \$ 0.55

Nutritional information per serving (8 servings)

Calories: 240

Calories from fat: 45

Total fat: 5g

Saturated fat: 1.5g

Trans fat: 0g

Cholesterol: 5mg

Sodium 580mg

Total carbohydrate: 37g

Dietary fiber: 7g

Sugars: 5g

Protein: 11g

Vitamin A: 20%

Vitamin C: 70%

Calcium: 15%

Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center