

Lunch | Dinner | Side

# Creamy Polenta

**5 Mins**  
Prep Time

**25 Mins**  
Cook Time

**4-8**  
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](https://www.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.