

Breakfast | Dinner

Creamy Polenta Breakfast Bowls

10 Mins
Prep Time

25 Mins
Cook Time

4
Servings

493 Calories 25g Fat 52g Carbs 21g Protein



Ingredients

4 Servings • 1 Bowl Serving Size

35 Mins Total Time

Allergens: Dairy, Eggs

5 Cups Water

1 Cup Polenta, dry

1 Tbsp Extra Virgin Olive Oil

1 Cup Smoked Cheddar Cheese, shredded

Salt and Pepper, to taste

4 Eggs

1 Cup Vegetarian Refried Beans

½ Cup Salsa

Cilantro, to garnish

Allergen Swap

Dairy Omit the cheddar cheese and replace with a dairy-free cheese alternative.

Eggs Omit eggs and replace with shredded chicken.

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.



Eggs

Eggs are an excellent source of lean protein, to help grow new cells. They also contain lutein that may promote eye health and choline, important for memory.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook 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.

3. Cook Eggs

About 5 minutes before the polenta is finished, cook the eggs to your liking in a skillet coated with non-stick cooking spray.

4. Add Oil & Cheese

Once the polenta is soft, stir in the extra virgin olive oil and cheddar cheese until melted. Season to taste with salt and pepper.

5. Assemble Bowls

Assemble the breakfast bowls by dividing the polenta into four bowls. Top each bowl with $\frac{1}{4}$ cup vegetarian refried beans, 1 egg, and 2 Tbsp salsa. Garnish with cilantro, if desired.

6. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Registered Dietitians

What You'll Need



Cheese Grater



Measuring Cups



Measuring Spoons



Medium-Sized Sauce Pan



Spoon



Skillet



Non-Stick Cooking Spray



Spatula

Fatigue Buster

- Purchase jarred salsa and canned refried beans.
- Purchase shredded cheese. Sharp cheddar can be substituted if smoked cheddar isn't available.