



Oven Polenta

Ingredients

SERVES 6

1 cup polenta

5 cups water or stock

salt / pepper

parsley or chives as desired

2 tbsp unsalted butter

Nutrition (1/4 cup)

KCAL: 175

SAT FAT: 2.5 g

FIBER: 2 g

SODIUM: 2.5 mg

ADDED SUGARS: 0 g

Directions

- 1.Preheat oven to 350 degrees.
- 2.In a large pot or dutch oven add the polenta, water and spices. Stir well.
- 3.Cover and put in oven for about 20 minutes. Pull out, stir in butter and put back in oven for about 10 more minutes.
- 4.Take out of oven, stir and serve with chopped chives or parsley.