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.