



Recipes

Savory Snacks

Polenta

Prep Time: 5 minutes

Cook Time: 40 minutes

Yield: 6 servings

Ingredients:

- 1 cup yellow corn grits
- 1 teaspoon tamari
- 1 tablespoon olive oil
- Generous pinch dried basil
- 3 cups filtered water

Directions:

1. Place all the ingredients in a saucepan and whisk to combine.
2. Bring to a boil over medium-low heat, whisking frequently to prevent lumping and scorching.
3. Reduce heat to low and cook polenta over low heat, whisking frequently until the center of the polenta bursts like a big bubble.
4. Spoon polenta evenly into a lightly oiled shallow baking dish and set aside. The polenta will be firm after about 30 minutes.

Note:

- Try adding 1 cup of your favorite vegetable or 10-15 of your favorite olives, finely chopped to the mixture.