

## Roasted Corn Polenta

Serving Size: 1/6<sup>th</sup> of recipe

Serves: 4

### Ingredients

1 cup frozen whole kernel corn, thawed  
½ onion, finely diced  
½ pablano pepper, seeded and finely diced  
2 cups low sodium vegetable broth  
1 cup yellow cornmeal  
¼ cup grated parmesan cheese

Preheat the oven to 350 degrees.

Spray a baking sheet with cooking spray. Spread the corn out in a single layer and roast for 5 minutes. When it begins to brown, stir it and add the onions and peppers. Roast an additional 5 minutes. Remove from the oven and reserve.

Meanwhile in a large pot heat the broth to a rolling boil over medium high heat. Gradually whisk in the cornmeal making sure there are no lumps. Stir in the corn and vegetables. Reduce heat to low and simmer stirring constantly until it thickens, about 5 minutes. Remove from heat and stir in the cheese.

Serve immediately.

*Instead of the typical potatoes served with beef, this dish brings something different and a little exotic to the meal and yet uses ingredients that will be familiar to your guests.*

### Exchanges per serving:

2 Starches, 1 Vegetable

### Nutrients per serving:

Calories: 214

Calories from fat: 14

Total Fat: 1.6g

Cholesterol: 0mg

Sodium: 81mg

Total Carbohydrate: 37g

Dietary Fiber: 4g

Protein: 4.5g