



Cooking
in the
Kitchen
at **Olum's**

Molly Morgan *RD, CDN, CSSD*
Delicious Recipes
that are Easy & Nutritious
www.olums.com

Mixed Vegetable Polenta

Serves 8

Ingredients:

- 6 cups of water
- 1 $\frac{3}{4}$ cups coarse ground yellow cornmeal
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons garlic powder
- $\frac{1}{2}$ teaspoon sea salt
- 10 oz. package frozen mixed vegetables, cooked and drained

Directions:

1. Prepare the polenta by bringing the water to a boil in a large saucepan over medium-high heat. Gradually whisk in the cornmeal and then add the olive oil, garlic powder, and sea salt.
2. Cook, whisking, until the polenta has thickened, about 15 minutes more.
3. Stir in the cooked mixed vegetables, and serve.

ALL RIGHTS RESERVED © 2014 Molly Morgan