

# Creamy Spinach and Pepper Polenta

Prep: 5 minutes | Cook: 40 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 1 cup

## Ingredients

- ⅓ cup uncooked coarse-grain polenta or corn grits
- 1½ cups water
- 1 pinch salt
- ½ cup frozen chopped spinach, thawed
- ½ cup frozen chopped bell pepper, thawed
- ½ tablespoon unsalted butter
- 2 tablespoons grated parmesan

## Directions

1. Add the polenta or grits, water, and salt to a medium saucepan.
2. Bring to a boil over medium-high heat, whisking occasionally to break up any lumps, then reduce the heat to maintain a gentle simmer.
3. Cook uncovered until the mixture is thick and pulling away from the sides of the pan, about 20-30 minutes, stirring occasionally.
4. Add the spinach, bell pepper, butter, and parmesan. Stir to combine.
5. Continue cooking until heated through, about 2-4 minutes.
6. Serve warm.

## Recipe Notes

- Cooked vegetables can be used in place of the thawed frozen spinach and/or bell pepper, if desired. Consider using another vegetable such as mushrooms, onions, asparagus, or broccoli.
- Store in the refrigerator for up to 5 days or in the freezer for up to 6 months.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 6 g | Saturated Fat: 4 g  
Sodium: 225 mg | Total Carbohydrate: 7 g | Dietary Fiber: 1 g | Protein: 6 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)

