



GRILLED POLENTA WITH VEGETABLES

CONTENTS:

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| 8.5 oz (240 grams) | Reduced Moisture™ Vegetables |
| | 3/8" Diced Mild Green Chili |
| | 3/8" Diced Jalapeno Pepper |
| | 3/8" Diced Red Bell Pepper |
| | 1/4" Diced Sweet Yellow Onion |
| 4 g | SupHerb Farms IQF Minced Garlic |
| 1 cup | Golden Pheasant Polenta |
| 4 cups | Water |
| 1/2 cup | Grated Parmesan Cheese |
| 1 tsp. | Salt |
| 1-2 tbsp. | Butter |

PREPARATION INSTRUCTIONS:

Sauté onion and garlic in 1 Tbsp. olive oil. Add green chilies, jalapenos, and bell peppers. Sauté for 1-2 minutes. Cover and simmer for 1-2 minutes, until slightly tender. Remove from heat.

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PREPARATION INSTRUCTIONS (CONT.):

Season to taste with salt. Prepare the polenta according to the instructions on bag: Bring 4 cups of water to a boil. Add 1 tsp of salt. Gradually add the polenta to water, stirring constantly until thickened. Cook in a double boiler or non-stick pan, stirring frequently, for approximately 25 minutes. Blend in the butter & grated Parmesan cheese. Add the sautéed vegetables to the polenta and mix well. Chill to firm & slice. Grill sliced polenta in a non-stick pan to brown sides.

Serve warm with your favorite tomato, meat, or vegetable sauce

To re-heat frozen polenta, allow pieces to come to room temperature before heating in microwave. Microwave for approx. 30-40 seconds using a medium setting.