



GRILLED POLENTA *with* VEGETABLES

CONTENTS:

8.5 oz (240 grams)	<i>Reduced Moisture</i> [®] Vegetables
	? " Diced Yellow Bell Pepper
	? " Diced Jalapeno Pepper
	? " Diced Red Bell Pepper
	¼" Diced Sweet Yellow Onion
4 g	SupHerb Farms IQF Minced Garlic
1 cup	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 *Reduced Moisture*[™] Vegetables. Sauté for 1-2 minutes. Cover and simmer for 1-2 minutes, until slightly tender. Remove from heat.

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. Season to taste. 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.