

Polenta with Peppers and Cheese

Enjoy this creamy and flavorful dish packed with cheese, beans, peppers, and corn.

Makes: 8 servings

Ingredients

- 4 cups water
- 1 ½ cups cornmeal (or polenta, uncooked)
- 1 can corn mixed with green and red peppers, drained?(11 ounces)
- 2 cans green chiles?(4 ounces each)
- ½ teaspoon salt
- 1 tablespoon butter
- 6 ounces shredded cheddar cheese
- 1 can low-sodium black or pinto beans, drained and rinsed?(15 ounces)



Directions

1. In a medium saucepan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.
2. Continue stirring, add the corn, chilies, and salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.
3. Gently stir in the butter, cheese, and beans. Cook until cheese is melted and beans are warmed though.
4. Remove from the heat and transfer to a serving dish.

Recipe from: California Health Department, Los Angeles County, Es Facil Campaign, adapted by the USDA Food and Nutrition Administration.

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