

Polenta with pepper and cheese



Recipe credit

California Health Department - Los Angeles County, Es Facil Campaign Enviada por Gloria Vargas

About this recipe

Serves

8

Serving size

1 cup prepared polenta

Ingredients

- 4 cups water
- 1 1/2 cups corn meal (or polenta, uncooked)
- 1 can whole kernel corn mixed with green and red peppers (11 ounces, drained)
- 2 cans green chiles (7 - 8 ounces)
- 1/2 teaspoon salt
- 1 tablespoon margarine or butter
- 6 ounces cheese, cheddar, reduced fat, shredded
- 1 can black or pinto beans (15 ounces, rinsed)

Garnish:

- cilantro sprigs (optional)
- 1 red bell pepper (cut into rings)

Directions

1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.
2. Continue stirring, add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.
3. Gently stir in the margarine, cheese and beans.
4. Remove from the heat and transfer to a serving dish.
5. Garnish with red bell pepper rings and cilantro.

Nutritional info

Calories

266

Total fat

7 g

Saturated fat

3 g

Cholesterol

12 mg

Sodium

680 mg

Total carbohydrates

41 g

Dietary fiber

8 g

Protein

13 g

Total sugar

3 g

Allergens

Dairy

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