



Bruschetta Polenta - 4 servings

Gluten Free

Recipes from www.naturalhealthyconcepts.com

1 tube Organic polenta (17 oz)
3 Roma tomatoes
2 Tbsp chopped fresh parsley
1 Garlic clove mashed
1 Tbsp minced onion
2 Tbsp and 1 tsp Olive Oil
Sea Salt & fresh cracked Pepper
To taste
Parmesan or Feta Cheese

Heat 1-2 Tbsp Extra Virgin Olive Oil in a sauté pan over medium heat. Slice the polenta into $\frac{3}{4}$ inch thick slices and heat in the pan about 4 minutes. Meanwhile, dice the tomatoes and mix them in a small bowl with the parsley, onion and garlic and a teaspoon of olive oil, salt & pepper to taste. If desired, add a bit of chopped fresh spinach. After flipping the polenta, spoon some of the mixture on each slice and cook another 4 minutes. Sprinkle on parmesan or feta cheese just before serving.

Per 2 slices: Calories 260, Protein 5.3g, Carbs 38g, Fat 10.7g, Sat Fat 1.9g, Fiber 4g, Cholesterol 2mg, Phytosterols 3.7mg

Beneficial Nutrients: Vit A 621 IU, B1 .21mg, B2 .13mg, B5 .34mg, B6 .19mg, Folate 22mcg, Vit C 8mg, Calcium 44mg, Magnesium 66mg, Potassium 255mg, Selenium 8mcg