

Cheesy Spinach Polenta

Adapted from FRESHFARM

Makes 8 servings

Ingredients

- 4 cups water
- 4 cups milk
- 1 teaspoon salt
- 2 cups polenta
- 5 cups fresh spinach leaves
- 1 cup shredded cheddar cheese, or cheese of choice
- 1/4 teaspoon grated nutmeg (optional)
- 1/4 cup shredded parmesan cheese



Photo credit: Taste website

Instructions

In a large pot, combine water, milk, and salt. Bring to a boil over high heat, and then reduce the heat to medium. Gradually whisk in the polenta in a slow, steady stream.

Whisk until the liquid boils again and the grains are fully mixed in. Reduce heat to low and allow polenta to simmer, 15 to 20 minutes, until the polenta is creamy.

Rough chop spinach into small pieces. Set aside

Stir polenta every few minutes with a wooden spoon. When polenta is fully cooked, stir in the spinach, cheese, and nutmeg (if using).

Remove from heat and let stand for 5 minutes to let the spinach cook down.

Top with parmesan cheese and serve warm.

Note:

To make the recipe dairy free, replace milk with water and use a dairy-free cheese alternative for the cheddar and parmesan cheeses.