

## Polenta and Red Bean Salsa

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1 1/3 C	Water
1/8 tsp	Salt
1 5/8 oz	Cornmeal
1 each	Green Bell Pepper - chopped
6 1/8 oz	Kidney Beans (canned)
1 1/8 oz	Yellow Onion - diced
1 1/8 oz	Tomato - diced
1/8 tsp	Salt
1/8 tsp	Ground Black Pepper
2 tsp	Fresh Parsley - chopped
1 tsp	Fresh Basil - chopped
1 tsp	Fresh Oregano - chopped
1/8 tsp	Garlic - minced
1 tsp	Olive Oil
1 tsp	Red Wine Vinegar
1/8 oz	Parmesan Cheese - grated

In a heavy bottom pot, bring water and 1<sup>st</sup> listed salt to boil. Add cornmeal in a slow steady stream, stirring constantly with a wire whisk. Reduce heat and cook at a slow simmer for 45 minutes. Stir occasionally with a spoon. When mixture thickens and begins to pull away from the sides of the pot, stir constantly for 10 minutes or until mixture becomes very thick. Pour polenta into lightly greased 9" pie pans. Spread evenly. Cover with plastic wrap and cool for 30 minutes.

Combine peppers, beans, onion, tomatoes, 2<sup>nd</sup> listed salt, black pepper, parsley, basil, oregano, garlic, oil and vinegar for salsa.

Place polenta pies in a preheated 350 degree oven. Bake for 20-25 minutes or until center is 165 degrees for 15 seconds. Remove from oven. Sprinkle 1/2 oz Parmesan cheese over each pie. Broil for 1-2 minutes to lightly brown. Cut pie into 8 slices. Serve each slice with 1/2 cup salsa.

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