

Snapped Up: Polenta Mexican Mix



Lunch or Dinner Serves 4

Polenta on its own is admittedly boring, but if you're gluten intolerant or just tired of pasta it's great. Use it with the usual Italian sauces or as a base for this Mexican mix of flavors.

It doesn't offer much in the way of nutrition, that's why it's important to serve it with a combination of vegetables. This combo touches on almost every vitamin and mineral on the list while providing lots of fiber and most of your protein needs for the day *before* adding meat.

Polenta is a dish, not an ingredient. It's generally coarsely ground yellow cornmeal that is slow cooked and turned into a "mush" or porridge. At that point it can be eaten hot or cooled down to solidify and then cut into friable pieces. You'll also find polenta made out of farro, spelt, or chickpeas.

You can make your own Polenta from scratch. Just make sure you use coarsely ground cornmeal or you won't like the paste-like texture that finer grinds provide.

If you make your own, be ready to stir the pot for about 40 minutes. You can buy pre-processed cornmeal that takes less time, but it also doesn't taste as good. The processing strips the taste much like what happens when you go from brown rice to white rice, or whole wheat to white flour.

With this recipe, the stirring, cooling, forming has been done. All you have to do is slice and fry.

PREP 15, COOK 5 minutes TOTAL TIME 20 minutes

INGREDIENTS

Polenta Patties or roll – sliced into ½ inch patties

1 cup diced Onions

1 cup Corn

1 cup diced Green Pepper

1 cup cooked Black Beans (1 can rinsed)

1 teaspoon Cumin

½ teaspoon Cayenne or other hot pepper spice

1 teaspoon salt.

Salsa (whatever you have on hand)

1 Avocado

TIP: This is another scratch cook recipe. Chop everything up first, using more or less of any item depending on what you have on hand.

TOOLS USED:

Two frying pans

DIRECTIONS:

1. **Fry the polenta** on both sides until browned and slightly crispy. Keep warm in the oven while preparing the veggies.
2. **Fry the onions** for a minute, **add corn*** and cook another minute, **add green pepper, stir in cumin, cayenne and salt.** **Add pre-cooked black beans** last to heat through, but not mush up. *TIP: you can fry up the corn in a second pan and mix it into the dish at the very end. Doing so will keep it bright yellow instead of taking on the blackness of the beans.
3. **Slice up the Avocado**
4. **Plate up the dish as shown** using salsa on hand to add color and additional flavor.

TIP: If you have leftovers, use in a Burrito filling the next day.

1 Serving of Polenta Mexican Mix provides:

General			
Energy	379.6	kcal	52%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	208.5	g	8%

Carbohydrates			
Carbs	46.2	g	56%
Fiber	10.4	g	50%
Starch	9.7	g	No Target
Sugars	7.8	g	No Target
Sugar Alcohol	0.2	g	No Target
Net Carbs	35.6	g	58%

Lipids			
Fat	19.4	g	72%
Monounsaturated	13.0	g	No Target
Polyunsaturated	2.8	g	No Target
Omega-3	0.2	g	10%
Omega-6	2.5	g	23%
Saturated	2.4	g	n/a
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	9.5	g	16%
Cystine	0.1	g	13%
Histidine	0.2	g	18%
Isoleucine	0.3	g	22%
Leucine	0.5	g	17%
Lysine	0.4	g	16%
Methionine	0.1	g	17%
Phenylalanine	0.4	g	31%
Threonine	0.3	g	20%
Tryptophan	0.1	g	24%
Tyrosine	0.2	g	17%
Valine	0.4	g	21%

Vitamins			
B1 (Thiamine)	0.2	mg	19%
B2 (Riboflavin)	0.1	mg	13%
B3 (Niacin)	2.4	mg	17%
B5 (Pantothenic Acid)	0.8	mg	16%
B6 (Pyridoxine)	0.4	mg	27%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	118.9	µg	30%
Vitamin A	891.2	IU	38%
Vitamin C	45.4	mg	61%
Vitamin D	0.0	IU	0%
Vitamin E	3.6	mg	24%
Beta Tocopherol	0.1	mg	No Target
Delta Tocopherol	0.2	mg	No Target
Gamma Tocopherol	1.2	mg	No Target
Vitamin K	26.0	µg	29%

Minerals			
Calcium	67.3	mg	8%
Copper	0.3	mg	29%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	3.4	mg	43%
Magnesium	74.9	mg	23%
Manganese	0.5	mg	30%
Molybdenum	0.0	µg	0%
Phosphorus	158.8	mg	23%
Potassium	735.3	mg	16%
Selenium	1.8	µg	3%
Sodium	779.6	mg	60%
Zinc	1.3	mg	16%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.