

# Creamy Polenta and Greens

What can I say, I love my comfort food and boy this one serves up cozy goodness with each bite. A simple dish, ready to serve in 30 minutes.

## The Greens

- 2 bunches of greens, cleaned and roughly chopped- I love broccoli rabe because the bitter green is a beautiful contrast to the creamy polenta but also consider chard or kale.
- A splash or two of olive oil
- 1 medium red onion sliced thin
- Red pepper flakes
- Salt and Pepper to taste

If using broccoli rabe or kale I suggest blanching quickly with boiling water. I like to put the prepared greens in a large bowl, pouring over boiling water for the kettle to cover. Allow to sit for a few minutes and then drain very well, pressing out all of the water or lay out on a dish towel and pat dry.

In a large skillet, heat oil, add red pepper flakes and onions. Saute over low to medium heat being careful onions do not burn. Add greens, stir well, heating through. Add salt and pepper to taste, cover and let set until polenta is ready to serve.

## The Polenta

- 1  $\frac{1}{2}$  cups of quick cooking polenta
- 2 cups of prepared veggie broth
- 2 cups of your favorite plant based milk- I prefer a

combination of coconut and almond

- 2-4 tablespoons of nutritional yeast

Bring liquids to boil in a heavy saucepan. Once they reach a gentle boil, whisk in polenta and nutritional yeast. Reduce heat and stir to keep mixture from scorching on the bottom. After 5 mins, remove from heat, cover and let set for 15 minutes to hydrate the grits. You'll want a thick but pourable texture so you may adjust by adding more plant based milk or veggie broth and warm gently before serving together with the greens.

Enjoy!