

Savory Breakfast Polenta

A creamy and savory breakfast polenta with mushrooms, spinach, and the rich flavor of Pu-erh Hazelberry tea.

PREP TIME: 10 minutes

COOK TIME: 20 minutes

1 C polenta
4 C water
1/2 C brewed Pu-erh Hazelberry tea,
cooled
1/2 C grated Parmesan cheese
1/4 C chopped hazelnuts

1 T olive oil
1 C mushrooms, sliced
1 C fresh spinach, chopped
Salt and pepper to taste
Strawberries, for serving

BRING THE WATER and Pu-erh Hazelberry tea to a boil in a saucepan.

SLOWLY WHISK IN THE POLENTA and reduce the heat to low.

COOK, STIRRING FREQUENTLY, until the polenta is thick and creamy, about 15 minutes.

STIR IN THE PARMESAN cheese, and hazelnuts, and season with salt and pepper.

HEAT THE OLIVE OIL in a skillet over medium heat.

SAUTÉ THE MUSHROOMS until tender.

ADD THE SPINACH and cook until wilted.

SERVE THE POLENTA topped with the sautéed mushrooms and spinach, and strawberries on the side (optional, drizzle the strawberries with a balsamic glaze).