



Rice Cooker Polenta

Servings: 4

Equipment:

Rice cooker, measuring cups, measuring spoons, serving/stirring spoon, whisk

Ingredients:

- 1 cup dry polenta
- 2 cup low sodium chicken broth
- 1 cup 2% milk
- 1 cup water
- 2 tsp unsalted butter
- Dash salt

Preparation:

1. Add polenta, chicken broth, milk, and water to the bowl of a rice cooker. Stir to combine.*
2. Set to the white rice cycle and let cooking commence.
3. Once the cycle is complete, add the unsalted butter and stir with whisk to combine. Taste. If needed add a dash of salt.
4. Serve and enjoy.**

***Flavor Notes:**

- Consider adding 1 tsp of dried herbs of choice or garlic in Step 1 for additional flavoring.
- Substitute beef or vegetable broth for chicken broth if desired. If not using low-sodium broth, the dash of salt in step 3 likely will not be needed.

***Storage Note:** Cooled cooked polenta can be placed into a mold or formed into a log and stored in the refrigerator.

***Serving Note:** Stored polenta can be sliced into discs and sautéed or air fried until both sides are crisp.

Nutrition Facts per serving:

Calories 202.5

Total Fat 3.6g (5%)
Saturated Fat 2 g (10%)
Trans Fat 0.1g
Cholesterol 10mg (3%)
Sodium 137.7mg (6%)
Total Carbohydrate 35.2g (13%)
Dietary Fiber 2g (7%)
Total Sugars 3.3g
Added Sugars 0%
Protein 5.5g
Vitamin D 0.8mcg (4%)
Calcium 78.8mg (6%)
Iron 0mg (0%)
Potassium 176mg (4%)



Recipe Notes: