

Boursin Polenta

Phillis Carey cooking class, Feb. 2011



A simple recipe. Do make it at the last minute, though.

1 1/2 cups milk, low fat is fine

1 1/2 cups chicken broth

1 tablespoon unsalted butter

Salt and pepper to taste

3/4 cup yellow cornmeal, use fine grind

5 ounces Boursin cheese, garlic & herb type

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

1. In a medium saucepan bring the milk, chicken broth and butter to a gentle boil, seasoning it with salt and pepper.
2. Slowly whisk in the fine cornmeal. If you do it too fast it will lump.
3. Lower heat to a simmer and cook until it's thick and smooth and cornmeal is tender (taste it to make sure), about 5-7 minutes, stirring often.
4. Remove from heat and add in the Boursin cheese. Serve immediately.

Per Serving (excluding unknown items): 222 Calories; 15g Fat (58.7% calories from fat); 6g Protein; 17g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 379mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.