

Polenta Cup



Time: 60 minutes (45minutes prep, 15 minutes baking)

Serves: 4

Ingredients: 2 cups water
½ teaspoon salt
¼ cup yellow cornmeal
½ teaspoon minced fresh thyme (or ¼ teaspoon dried thyme)
¼ teaspoon pepper
2 plum tomatoes, finely chopped
2 cups of spinach
½ small onion, diced
2 tablespoons olive or coconut oil
¼ cup crumbled goat cheese
2 tablespoons chopped fresh basil
1 garlic clove

Directions:

1. In a large heavy saucepan, bring water and salt to boil. Reduce heat to a gentle boil and slowly mix in cornmeal. Cook and stir with a wooden spoon for about 10-15 minutes or until polenta is thickened and pulls away cleanly from the sides of the pan. Remove from the heat and stir in thyme and pepper.
2. Brush muffin tins with olive or coconut oil. Spoon heaping tablespoons of polenta into each muffin cup. Using the back of a spoon make an indentation in the center of each then cover and chill until set.
3. Sauté spinach with onions in 1 teaspoon of olive oil over medium heat until spinach has wilted.
4. Combine tomatoes, basil, and garlic with spinach and onions.
5. Gently remove polenta cups from muffin tin and place on baking sheet.
6. Top each polenta cup with a heaping tablespoon of the tomato/spinach mixture.
7. Broil until polenta cup starts to turn a golden brown around the edges.
8. Top with goat cheese (or tomato confit) and serve.