



Polenta with Spinach, Black Beans & Goat Cheese

Serves 4

Ingredients

1 tablespoon olive oil
4 garlic cloves, minced
1/2 cup chicken or vegetable broth
1/3 cup chopped, drained oil-packed sun-dried tomatoes
1 teaspoon ground cumin
1 (15 ounce) can black beans, drained (or equivalent dried beans)
6 ounces fresh baby spinach, coarsely chopped
4 cups water
1 cup uncooked polenta
1 tablespoon butter
1/2 teaspoon salt
3/4 cup (3 ounces) crumbled Mystery Bay Chèvre
1/2 teaspoon freshly ground black pepper

Preparation

Heat oil in a large skillet over medium-high heat. Sauté garlic until golden.

Stir in broth, tomatoes, cumin and beans. Bring to a simmer and cook 2 minutes, stirring occasionally. Remove from heat and add spinach.

In a separate saucepan, bring water to a boil and add polenta, butter and salt. Reduce heat and simmer until thickened, stirring constantly.

Spoon polenta into 4 bowls and top each with 1/4 of bean-to-mato mixture. Sprinkle with chèvre and freshly ground pepper.