

Polenta (Grits) Scramble



Prep:

10 minutes

Total:

20 minutes

Makes:

4 servings, approximately 2 cups each

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
11" Large Skillet with Cover
Bake and Roast Pan (9 x 13)

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Recipe:

Contributed By:

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Recipe Description:

This vegan recipe is a tasty and easy one-dish dinner!

4 cups
water
(950
mL)
1 cup
dried polenta (yellow corn grits)
(156
g)
1 dash
of salt
1 dash
of pepper
1 dash
of garlic powder
 $\frac{1}{3}$ cup
nutritional yeast
(16
g)
1 onion, sliced, use Cone #4
3 cloves garlic, shredded, use Cone #1
1 bell pepper, processed, use Cone #3
8 ounces
mushrooms, sliced, use Cone #4

(227
g)
2 cups
spinach, fresh
(60
g)
2 tablespoons
sliced olives
(16
g)
1 ½ cups
cooked beans (pinto, kidney or black work well)
(265
g)

Directions:

1. Combine the water, polenta and spices in sauce pan.
2. Cover and cook over medium-high heat. When Vapo-Valve™ clicks, reduce heat to low and simmer for 30 minutes.
3. When cooked, stir in nutritional yeast.
4. Pour into bake and roast pan to cool and set.

Scramble

1. Heat the onions, garlic, bell peppers and mushrooms in skillet over medium heat and cover.
2. When the Vapo-Valve™ clicks, reduce heat to low and continue cooking for 5 minutes.
3. Stir spinach, olives and beans in with the vegetables.
4. Cut cooled and firm polenta in small squares (about 1-inch) and add to skillet. Mix well.
5. Serve in a bowl, or place in a tortilla with fresh salsa. Enjoy!

Nutritional Information per

▼ Serving

Calories: 284

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 137mg

Total 56g

Carbs:

Dietary Fiber: 9g

Sugar: 4g

Protein: 14g

Analysis calculated using red kidney beans