

A hearty low-fat dish to serve as a meal or a side. The spinach thickens the sauce, adding vitamins and fiber!



Corn Grits (Polenta) with Spinach-Mushroom Tomato Sauce

Ingredients:

- 3 cups water
- ½ teaspoon salt (divided use)
- 1 cup quick cook corn grits
- 2 Tablespoons olive or vegetable oil
- ½ large onion, chopped
- 2 cans tomatoes (14 oz)
- 1 can spinach
- 1 small can mushrooms

- ¼ cup Parmesan cheese OR ½ cup mozzarella cheese
- ¼ teaspoon red or black pepper

Instructions:

1. In a large saucepan, bring water and ¼ teaspoon salt to boil. Slowly add grits. (They will splatter and boil over if added too fast.) Lower heat and simmer, stirring often, for 15-20 minutes, until they become soft.
 2. Meanwhile, heat oil in a large skillet. Add onion and cook until translucent. Add tomatoes, salt, and pepper, and bring to a boil. Lower heat; simmer 15 minutes, until slightly thickened. Add spinach and mushrooms; cook another 3 minutes. Taste and adjust seasonings.
 3. Spoon grits into a bowl. Top with tomato-spinach mixture and sprinkle with 1 T of Parmesan or 2 T of mozzarella.
- ✓ Serves 4, generously
 - ✓ 240 calories per serving

Recipes created or adapted by Jani H. Leuschel, MS, NDTR (Nutrition and Dietetic Technician, Certified) who blogs at [Food Hall by Jani](#), a website featuring recipes with nutrition bonuses.

