



Cornell University
Cooperative Extension

Spinach Polenta

2 cups water
2 cups skim milk
½ tsp salt
1 cup cornmeal
½ cup low-fat Parmesan cheese
8 ounces fresh baby spinach



1. In a medium saucepan, bring water, milk, and salt to a boil.
2. Add the cornmeal to the pan in a slow, steady stream, while whisking.
3. Simmer for 5 minutes, stirring occasionally, until polenta is thick.
4. Once thickened, reduce heat to low and stir in the cheese until melted and smooth.
5. Fold in the spinach, a couple handfuls at a time, until just wilted.
6. Serve warm. Enjoy!

Makes: 4 servings

Nutrition Information:

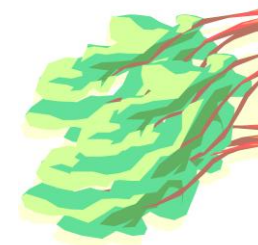
CALORIES 210 (7% from fat); FAT 1.5g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 420mg; CARBOHYDRATE 40g; FIBER 5g; PROTEIN 12g; CALCIUM 30%; IRON 30%



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Sauteed Beet Greens

1 pound beet greens (about 2 large or 3 small bunches)
½ tsp salt
1 Tbsp olive, canola, or vegetable oil
2 garlic cloves, minced
¼ tsp dried red pepper flakes
Freshly ground pepper to taste



1. Stem and wash greens. Bring a large pot of water to boil.
2. Add salt and green to water.
3. Cook for 2 minutes, until tender.
4. Transfer immediately to a bowl of ice water. Drain and squeeze from the green. Chop coarsely.
5. Heat oil over medium heat in large skillet. Add garlic and red pepper flakes. Cook, stirring, until garlic is fragrant, 30-60 seconds.
6. Stir in greens. Stir for a couple of minutes, until green are well coated in garlic and oil. Season with pepper.
7. Remove from heat and serve

Makes: 4 servings

Nutrition Information:

CALORIES 60 (50% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 550mg; CARBOHYDRATE 5g; FIBER 4g; PROTEIN 3g; CALCIUM 15%; IRON 15%