



## Parmesan Polenta Fries

*Frying squares of polenta is a classic preparation, but for something a little different, chill cooked polenta, then cut into fries and bake them until crisp and golden.*

Makes 4 servings  
Total time: 2 hours

- 3 cups water
- 1 1/2 cups polenta or yellow cornmeal
- 1/2 cup grated Parmesan
- 4 Tbsp. unsalted butter, sliced
- Salt and black pepper to taste

**Coat** an 8 1/2 x 12-inch baking sheet with nonstick spray.

**Boil** water in a large saucepan over high heat. Gradually add polenta, stirring constantly with a whisk. Reduce heat to medium; cook polenta until thick and beginning to pull away from sides of pan, 5 minutes.

**Off heat, stir in** Parmesan and butter; season with salt and pepper. Spread polenta evenly onto prepared baking sheet. Press plastic wrap onto surface; chill until firm, at least 1 hour or up to 2 days.

**Preheat** oven to 400° with rack in center position. Coat a large baking sheet with nonstick spray.

**Uncover** polenta and cut into 4 x 1/4-inch strips. Separate fries and arrange on prepared baking sheet.

**Bake** fries until brown, 40–50 minutes. Let fries cool briefly on pan to crisp before serving.

**Per serving:** 415 cal; 16g total fat (10g sat); 45mg chol; 247mg sodium; 54g carb; 6g fiber; 12g protein