

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Sweet Potato Sage Polenta

Serves: 8

Modified from: www.RealSimple.com

Items Needed: cutting board, chef knife, baking sheet, food processor, sauce pan, whisk, measuring spoons, measuring cups

Ingredients:

- 1 medium sweet potato
- 1 cup 1% milk
- 1 cup water
- ½ cup instant polenta
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon garlic powder
- 6 small fresh sage leaves, finely chopped
- 2 Tablespoons cold butter, cubed

Directions:

1. Preheat oven to 425 F. Place sweet potato on a sheet pan and cook for 50-60 minutes, until potato is cook through. Use a fork to test tenderness.
2. Peel skin off the potato once it is cool. Place potato in a food processor and run the processor until it is pureed. Set potato aside.
3. In a medium saucepan, bring milk and water to a boil. Reduce heat so the liquid is simmering. Add polenta, salt, pepper, garlic powder, and chopped sage. Stir frequently with a whisk until mixture becomes thick, about 5 minutes.
4. Add pureed sweet potato. Cook for an additional 1-2 minutes. Remove saucepan from heat and add cubed butter. Serve hot!

Nutrition Information (per ½ cup serving):

Calories: 90 Fat: 3 g Carbs: 39 g Protein: 2 g Fiber: 1.5 g Sodium: 170 mg