

# Soft Polenta For Dinner, Fried Polenta Cakes for Bento

Yield: 7 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-easter-dinner-sides>

## Ingredients:

- 1 yellow cornmeal US cup, approx. 240cc, or polenta, medium grind preferred by fine grind is ok
- 4 water US cups, 960cc
- 1 garlic clove grated
- 1 grated Parmesan US cup, approximate, or other sharp salty cheese
- 1 teaspoon salt plus more if needed
- black pepper to taste
- 3 tablespoons unsalted butter for soft polenta only
- 1/2 milk US cup, 120ml, or cream, for soft polenta only
- grated Parmesan cheese optional
- cakes optional
- olive oil for frying polenta cakes

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 25 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 5 grams
8. Sodium: 490 milligrams
9. Sugar: 1 grams

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