

PUMPKIN PARMESAN POLENTA



INGREDIENTS:

- 1 can pumpkin puree
- 3 cups water
- 1 cup polenta
- 1/4 cup grated Parmesan cheese
- 2 Tbs. unsalted butter
- Salt and pepper
- 1/4 cup roasted pumpkin seeds

INSTRUCTIONS:

1. Bring 3 cups water and a large pinch of salt to a boil in a medium pot over high heat.
2. Whisk in the pumpkin puree until thoroughly combined.
3. Whisking continuously, add the polenta in a thin, steady stream until incorporated. Reduce the heat to low so the mixture bubbles occasionally.
4. Cook, stirring frequently and scraping the bottom and sides of the pot, until the polenta is tender and thickened, about 20 minutes, adding more water if needed to reach the desired consistency. Note: It may look like it is done after 10 min. but keep cooking the full 20 min.
5. Remove the pan from the heat. Stir in the Parmesan and butter until thoroughly combined. Season the polenta with salt and pepper.
6. Add a spoonful of pumpkin seeds and a pinch of the remaining parmesan to the top each serving. Serve warm.
7. Eat and enjoy!

Yield: 4-6 servings

Source: Adapted from Williams Sonoma

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