



Makes 8 polenta cakes + 5 cups salsa
Preparation Time: 40 minutes
Cook Time: 1 hours 55 minutes

INGREDIENTS:

1½ cups dry polenta

1 teaspoon chili powder (see GF tip, recipe intro)

1½ 15-oz. cans no-salt-added black beans, rinsed and drained (2¾ cups)

1 cup chopped fresh cilantro

Sea salt, to taste

Freshly ground black pepper, to taste

3 medium red and/or yellow bell peppers, halved and seeded

2 medium fresh poblano chiles, halved and seeded

2 medium onions, thickly sliced

2 tablespoons lime juice

Lime wedges

Black Bean Polenta Cakes with Pepper-Cilantro Salsa

Enjoy these scrumptious polenta cakes for breakfast, lunch, or dinner. Unlike standard Italian-inspired **polenta** recipes, this one adds hearty black beans and smoky spices into the mix, which is then baked and sliced into savory cakes. A quick-chopped salsa composed of peppers, onions, cilantro, and lime juice adds extra Southwestern flavor to this easy and versatile meal. If you like your veggies slightly charred, **throw them on the grill** instead of in the oven to bring smoky flair to the dish.

Tips

Gluten-free: Some chili powders contain gluten. To make this recipe gluten-free, use certified gluten-free chili powder.

By Shelli McConnell

- 1 Line a 13×9-inch baking pan with parchment paper. In a large saucepan bring 6 cups water to boiling. Gradually whisk in polenta and chili powder. Reduce heat to medium-low; cook about 25 minutes or until mixture is thick and creamy, stirring occasionally. Remove pan from heat. Stir in beans and ½ cup of the cilantro; season with salt and pepper. Spread polenta in prepared pan. Let cool. Cover and chill about 2 hours or until set.
- 2 Preheat oven to 400°F. Line a large baking sheet with parchment paper. Arrange bell peppers, chiles, and onions in a single layer. Drizzle with lime juice.
- 3 Roast 20 to 25 minutes or until tender and starting to brown. Peel bell peppers. Coarsely chop bell peppers, poblanos, and onion. In a medium bowl combine chopped vegetables and the remaining ½ cup cilantro.
- 4 Meanwhile, cut polenta into four rectangles; cut each in half diagonally. In an extra-large nonstick skillet heat polenta pieces, in batches, over medium about 6 minutes or until heated through and lightly browned, turning once. Top with vegetable mixture. Serve with lime wedges.