

Parmesan Polenta w/Mustard Greens



Ok, so I am a little southern. I things like grits and polenta. The easier the ingredient list the better. This recipe has an unexpected kick with chili oil.

1 cup polenta
2 cups water
1 cup milk (or almond, coconut, or soy milks)
1 cup parmesan cheese, shredded
2 tbsp butter
1 bunch mustard greens (you can use kale, turnip greens, collard greens, or chard)
1 red onion
2 tbsp olive oil
2 eggs
Chili oil for drizzling

Bring your water and milk to a boil and stir in the polenta. Return to a boil and then reduce to a simmer. Simmer stirring occasionally as not to stick. Cook approx. 20 minutes. The mixture will become thick. Add the butter, salt, pepper and parmesan to polenta, stir and cover off the heat, sit aside.

Heat olive oil in a skillet, add sliced onions and cook until tender 4-5 minutes. Add greens of your choice (mustard greens has a peppery bite to them). Wilt down, stirring occasionally. Keep warm.

Poach your eggs by spraying the bottom of a nonstick skillet with spray. Add enough water to fill skillet half full. Bring water to a boil. Crack eggs one at a time in a small bowl. Hold bowl close to the water and slowly pour egg into the water. Repeat with the second egg. Cooking them both at the same time. With a spoon, cover the top of egg with some of the hot water from the pan so the tops of the eggs will set.

Put half of the polenta into a bowl, top with mustard greens and then the egg. Drizzle with chili oil.

Serves 2

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