

The Nourishing Well

## **Polenta with Spinach, Ricotta and Fontina**

30 MIN

12 Servings

Easy

Ingredients

- Prepare basic soft polenta and kept warm (see below)
- 1 pound baby spinach
- 2 tablespoons olive oil
- 2 cups ricotta
- Salt and pepper
- Pinch cayenne
- 1 teaspoon lemon zest
- Juice 1 lemon
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ¼ cup grated Parmesan
- 4 ounces fontina, grated (about 2 cups)
- 2 tablespoons butter

### **Basic Soft Polenta**

- 7.5 cups water
- 1 teaspoon salt
- 1.5 cups medium or fine cornmeal
- 6 Tablespoons Butter (we didn't add this and it was still yummy)
- Parmesan for soft polenta, optional

Instructions

### **Basic Soft Polenta**

1. Bring water to a boil in a medium-size heavy saucepan over high heat. Add 1 teaspoon salt. Pour cornmeal slowly into the water, stirring with a wire whisk or wooden spoon. Continue stirring as mixture thickens, 2 to 3 minutes.
2. Turn heat to low. Cook for at least 45 minutes, stirring every 10 minutes or so. If polenta becomes quite thick, thin it with 1/2 cup water, stir well and continue cooking. Add up to 1 cup more water if necessary, to keep polenta soft enough to stir. Put a spoonful on a plate, let it cool, then taste. Grains should be swollen and taste cooked, not raw. Adjust salt and add a little pepper if you wish.
3. Add 6 tablespoons of butter to the pot and stir well. (we forgot to do this and it was still yummy)

## **Polenta with Spinach, Ricotta and Fontina**

1. Sauté the spinach. Drain and cool. Squeeze all excess moisture from spinach.
2. In a large bowl, combine the spinach and ricotta. Season with salt and pepper, then add cayenne, lemon zest, 2 tablespoons Parmesan and all but 2 tablespoons of the fontina and stir well.
3. Butter a 9 x 12-inch casserole dish. Ladle in half of the warm, soft polenta and spread with a spatula to make a thin layer. Spoon spinach mixture evenly over it. Top with remaining soft polenta and spread to smooth the surface. (Maybe made ahead up to this point, then covered and refrigerated. Bring to room temperature before baking.)
4. Sprinkle with remaining Parmesan and fontina. Bake, uncovered, at 375 degrees for 30 to 40 minutes, until nicely browned. Remove from oven and let rest for 10 minutes before serving.