



Baked Polenta and Eggs

This hearty recipe serves a crowd with a minimum of kitchen equipment and space.

Ingredients:

- 7 large eggs
- 2 cups milk
- ½ teaspoon salt
- 1 cup coarsely ground cornmeal
- ½ cup grated cheddar cheese
- 1 tablespoon butter
- ½ cup scallions, green part only, thinly sliced
- freshly ground pepper

Procedure:

- Place the eggs in a large bowl of warm tap water. Set aside.
- Bring the milk and salt to a boil in a medium saucepan. Add the cornmeal in a thin, steady stream while whisking briskly. Stir in the optional crushed red pepper. Turn the heat down to low and simmer for 5-10 minutes until thickened. Remove polenta from the stove, stir in the cheddar cheese and allow it to cool for a few minutes.
- Preheat the oven to 350°F. Measure butter into a large iron skillet and place in the preheating oven until butter melts. Remove the skillet to a heat-proof surface and spread the polenta mixture into it. Use the back of a spoon to form seven bowl-shaped depressions in the polenta, one in the middle and six around the edges. Crack one of the pre-warmed eggs into each depression. Place the skillet in the oven and bake until the eggs are cooked through, about 30 minutes. Garnish with sliced scallion greens and cracked pepper and serve immediately.

Serves: 7

Recipe provided courtesy of www.ibsfree.net and GI Nutrition Inc.