

# Summer Polenta Recipe

Yield: 2-4 cups

## Ingredients

2 cups shredded carrots  
2 cups shredded zucchini  
2 cups cherry tomatoes, quartered  
2 Tablespoons fresh basil, chopped  
2 Tablespoons olive oil  
2 Tablespoons rice wine vinegar  
1 1/8 teaspoon salt  
4 cups water  
1 cup polenta  
1/4 cup cream cheese



## Instructions for Adults

Assist with supervision of safe knife skills and use of the stovetop.

## Instructions for Kids

- Place the shredded carrots, zucchini, and cherry tomatoes in a large mixing bowl and add the chopped basil.
- Measure the olive oil and rice wine vinegar and add them to the mixture.
- Add 1/8 teaspoon of salt and mix to combine, set aside.
- In a medium pot, bring the water and 1 teaspoon of salt to a boil. Add polenta then reduce heat and simmer for 15 minutes or until thickened, stirring occasionally. Once done, fold in the cream cheese and continue stirring until it is combined. To serve, place 1 cup of polenta in a bowl and top with 1 cup of veggies.

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