

# Polenta & Chicken

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Cooking time in minutes:

8 Microwave

<b>Yield:</b>	<b>cups</b>	<b>16</b>	<b>12</b>	<b>8</b>	<b>4</b>
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3.0

<b>Two Bowl</b>	<b>quart</b>	<b>2 1/2</b>
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<https://www.christinascucina.com/sauteed-rapini/>

<b>Chicken</b>	<b>can</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Broccoli</b>	<b>chop</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Vegetables</b>	<b>diced</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Onions</b>	<b>chop</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Parley</b>	<b>spice</b>	<b>TBSP</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

Add to bowl #1 & Mix

Microwave on high for 3 minutes

Set aside

<b>Water</b>	<b>cups</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>
<b>Polenta</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Salt</b>	<b>spice</b>	<b>teasp</b>	<b>2</b>	<b>1 1/2</b>	<b>1 1/2</b>

Add water & salt to bowl #2

Add polenta (ground yellow corn) slowly while stirring

Microwave on high for 4 minutes

Stir well

Microwave on high for 4 minutes

<b>Cheese, Parmesan</b>	<b>grated</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
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Add to bowl & Mix

Microwave for 1 minute

Serve bowl #1 on top of polenta & Microwave for 1 minute

Serve &/or Add to container(s) & Frig for days or Freezer for months

**NOTE: Gritts (ground white corn) can be substituted for polenta**