



Polenta Breakfast Hot Dish

Prep: 15 minutes plus standing

Bake: 40 minutes • Serves: 8

- 8 slices smoked bacon (about ½ pound), cut crosswise into ½-inch pieces (*decrease sodium and saturated fat by substituting low-sodium turkey bacon for regular smoked bacon*)
- 2 cans (14 ounces each) less-sodium chicken broth
- 1 cup whole milk (*try skim milk or 1% milk to reduce saturated fat!*)
- 2 tablespoons unsalted butter
- 1 teaspoon chopped fresh thyme leaves
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1¾ cups yellow cornmeal
- 1 package (8 ounces) shredded reduced fat sharp Cheddar cheese (2 cups)
- 5 green onions, thinly sliced
- 2 roasted red peppers, chopped (1½ cups)
- Nonstick cooking spray
- 8 large eggs

1. Preheat oven to 325°F. In large saucepot, cook bacon over medium-high heat 4 to 5 minutes or until bacon is crisp, stirring frequently. Discard most bacon fat.

2. Into same saucepot, add broth, milk, butter, thyme, salt and pepper; heat to boiling over medium-high heat. Gradually whisk in cornmeal until incorporated; reduce heat to medium-low and cook 4 minutes, whisking occasionally. Remove from heat; stir in cheese, onions and roasted red peppers.

3. Spray 9 x 13-inch glass or ceramic baking dish with nonstick cooking spray. Evenly spread polenta mixture in prepared dish. With back of large spoon, make 8 evenly spaced wells in polenta mixture. Bake 15 minutes.

4. Remove baking dish from oven. Carefully crack eggs, 1 at a time, into small cup. Slowly slide eggs into wells. Cover with aluminum foil; bake 15 to 18 minutes longer or to desired doneness. Remove from oven; let stand 5 minutes. To serve, cut into squares.

Approximate nutritional values per serving:

356 Calories, 18g Fat (9g Saturated), 224mg Cholesterol, 1752mg Sodium, 26g Carbohydrates, 3g Fiber, 21g Protein