

Polenta with Kale and Red Beans

from Jamie Zak

INGREDIENTS

4–6 cloves garlic, chopped
half an onion, chopped
3 Tbsp. butter (1 Tbsp. for sauteeing, 2 Tbsp. for polenta)
1 Tbsp. olive oil
¼–½ tsp. salt
15 oz., or so, cooked kidney beans
1 bunch, or so, kale
1 cup cornmeal
2 cups milk
1½ cups water
½ tsp. salt

DIRECTIONS

Heat the oven to 350 degrees.

Sauté garlic, onion, butter, olive oil, and salt. Add kidney beans and sauté longer. Add kale. Mix well and wilt until tender (may need a cover).

To make the polenta, add 2 cups milk, 1½ cups water and ½ tsp. salt to a saucepan and bring to a boil. Reduce the heat to simmer and slowly whisk in the cornmeal. Cook, whisking, until the mixture is thickened to the consistency of mashed potatoes, about 5 minutes. Add 2 Tbsp. butter and 1–2 cups shredded mozzarella, parmesan, romano, or whatever, cheese. Put into an oven-safe casserole dish and bake until "springy" to the touch.

Layer the contents of the sauté pan on top of the baked polenta and serve.