



# POLENTA FRIES

## RECIPE AND INGREDIENT FACTS SHEET

### What is Polenta?

Polenta is a traditional Italian dish made from ground cornmeal. It can be served creamy, like porridge, or cooled and sliced for grilling or baking. Polenta is naturally gluten-free and provides fiber and complex carbohydrates for lasting energy.



### Health Benefits of Polenta

- **Gluten-free** – safe for those with gluten sensitivity.
- **Rich in complex carbs** – provides steady energy.
- **Good source of fiber** – supports digestion.
- **Contains antioxidants** – from yellow corn pigments that help protect cells.
- **Low in fat** – a lighter base for balanced meals.



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### Recipe

#### Ingredients

- 18 oz ready to heat and serve polenta
- Salt and pepper to taste
- Olive oil

#### Instructions

1. Open package of polenta, and slice into ~1 inch sticks.
2. Place on baking pan, drizzle with olive oil, salt and pepper.
3. Bake at 375 F until crispy.
4. Enjoy!



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READ MORE ABOUT THE HEALTHY INGREDIENTS!

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## Make Polenta Fries Healthier

Polenta fries can be a tasty and nutritious alternative to traditional fries. With a few simple swaps—like baking instead of frying—you can enjoy a lighter version packed with flavor and heart-healthy benefits.

- **Bake instead of fry** – Cut polenta into sticks, brush lightly with olive oil, and bake until crispy, as in the recipe on the reverse side of this sheet!
- **Use heart-healthy oils** – Olive or avocado oil adds flavor and healthy fats.
- **Add herbs & spices** – Season with garlic, paprika, or rosemary instead of extra salt.
- **Serve smart** – Pair with yogurt-based dips or fresh salsa instead of heavy sauces.

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## A Guide to Using Oils When Baking

Using healthy oils in baking adds moisture, improves texture, and provides beneficial fats. Oils like olive and avocado not only enhance flavor but also support heart health and overall wellness.

- **Choose healthy oils** – Olive oil and avocado oil are great options with heart-healthy fats.
- **Use lightly** – Just 1–2 tablespoons is enough to coat a full pan of veggies.
- **Coat evenly** – Toss vegetables in a bowl or use your hands to spread oil evenly for crisp results.
- **Avoid excess** – Too much oil makes veggies soggy instead of crisp.
- **Try variety** – Experiment with flavored oils or add herbs and spices for extra taste.

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## Where Can I Find Ready To Eat and Serve Polenta?

- **Grocery stores** – Look in the pasta, grain, or Italian food aisle. Many stores carry it in shelf-stable tubes or boxes.
- **Refrigerated section** – Some varieties are sold near fresh pasta or specialty cheeses.
- **Natural food stores** – Health food markets often stock organic or flavored polenta.