

Date and Ricotta Cheese Polenta Bites

Pam Aughe

Appetizer Category Winner



Yield: Serves 6 (3 per person)

Timing: Prep Time = 30 minutes Total Time = 35 minutes

Ingredients

Polenta

1 ½ cups water

½ cup corn grits (Bob's Red Mill)

1/8 teaspoon coarse salt

¾ teaspoon Splenda Naturals Sugar and Stevia Blend

Dates

12 pitted dates, fine diced

¼ cup water

1 tablespoon balsamic vinegar

1 ½ teaspoon Splenda Naturals Sugar and Stevia Blend

Pinch coarse salt

Pinch ground black pepper

3 tablespoons ricotta cheese

2 tablespoons chopped dry roasted lightly salted almonds

Method of Production (Instructions)

Spray a mini muffin pan lightly with vegetable cooking spray; set aside.

Place 1 ½ cups water in a medium saucepan over high heat; bring to a boil. Add corn grits and 1/8 teaspoon salt. Reduce heat to simmer and cook 5 minutes; stirring occasionally. Remove from heat, stir in ¾ teaspoon Splenda. Spoon 1 tablespoon of polenta into 18 mini muffin wells and press down middle of each to make an indent. Place in refrigerator 15 to 20 minutes to set.

When polenta is cooling, add dates, ¼ cup water, vinegar, 1 ½ teaspoon Splenda, salt and pepper in a small saucepan over medium heat. Simmer 4 to 5 minutes or until thick and reduced. Remove from heat; set aside.

Remove polenta from mini muffin pan to a serving dish. Top each evenly with date mixture, ½ teaspoon ricotta and chopped almonds. Serve immediately.

Equipment & Utensils:

Mini muffin pan

Small saucepan

Medium saucepan

Measuring cups and spoons

Spatula/Spoon