

# Mexican Polenta Pie

(Photograph on page 249)

▼ 6 servings

**Prep:** 15 min

**Bake:** 40 min

**Stand:** 5 min

**1 Serving:** Calories 160  
(Calories from Fat 55);  
Fat 6g (Saturated 3g);  
Cholesterol 50mg;  
Sodium 410mg;  
Carbohydrate 22g  
(Dietary Fiber 3g);  
Protein 8g.

**3/4 cup cornmeal**

**2 cups water**

**1/4 teaspoon salt**

**1 egg, slightly beaten**

**1 can (15 to 16 ounces) chili beans, drained**

**3/4 cup shredded Monterey Jack cheese with jalapeño peppers (3 ounces)**

**1/3 cup crushed corn or taco chips**

1. Heat oven to 375°. Grease pie plate, 9 x 1<sup>1</sup>/<sub>4</sub> inches.
2. Mix cornmeal, water and salt in medium 2-quart saucepan. Heat to boiling, stirring constantly; reduce heat to medium. Cook about 6 minutes, stirring frequently, until mixture is very thick. Remove from heat; quickly let stand 5 minutes, stir in egg.
3. Spread cornmeal mixture in pie plate. Bake uncovered 15 minutes. Spread beans over cornmeal mixture; sprinkle with cheese and corn chips.
4. Bake uncovered 20 minutes or until center is set. Let stand 5 minutes before serving.