

Sweet Potato Polenta

PREP: 5 min; COOK: 7 min; BAKE: 45 min

4 SERVINGS

Mashed cooked sweet potatoes lend a beautiful golden color to this easy Italian dish. To speed preparation, cook sweet potatoes in your microwave oven following manufacturer's directions.

**4 medium sweet potatoes or yams
(2 pounds)**

2 1/2 cups ready-to-serve fat-free reduced-sodium chicken broth

2 teaspoons reduced-sodium soy sauce

1/2 teaspoon ground nutmeg

1 3/4 cups yellow cornmeal

2 cloves garlic, finely chopped

1/4 cup shredded reduced-fat mozzarella cheese (1 ounce)

Heat oven to 375°. Pierce each potato several times with fork. Bake about 45 minutes or until tender; cool. Peel and mash sweet potatoes.

Mix 1 1/2 cups of the broth, the soy sauce, nutmeg and cornmeal in medium bowl. Heat remaining 1 cup broth and the garlic to boiling in 3-quart saucepan. Stir in cornmeal mixture; reduce heat to medium. Cook about 5 minutes, stirring frequently, until liquid is absorbed. Stir in mashed sweet potatoes; cook until hot. Sprinkle with cheese.

1 Serving:		% Daily Value:	
Calories	330	Vitamin A	100%
Calories from fat	20	Vitamin C	24%
Fat, g	2	Calcium	8%
Saturated, g	1	Iron	18%
Cholesterol, mg	0	Diet Exchanges:	
Sodium, mg	430	5 starch/bread	
Carbohydrate, g	77		
Dietary Fiber, g	8		
Protein, g	9		