Pumpkin-Sage Polenta  
in a new light

Makes: 6 servings  
Prep Time: 5 minutes  
Cook Time: 15 minutes  
Difficulty: Easy

Ingredients:
- 4 cups low-sodium vegetable broth
- 1 cup whole-grain cornmeal, finely ground, or instant polenta
- 3/4 cup canned pumpkin
- 1 tablespoon chopped fresh sage leaves
- 1/2 cup freshly grated Parmesan cheese, preferably Parmigiano-Reggiano, plus 6 teaspoons for garnish

Directions:
In a medium saucepan, bring broth to a boil. Gradually whisk in cornmeal or polenta and when it is all incorporated, switch to a spoon and cook, stirring frequently, until thickened, 5–8 minutes. Stir in the pumpkin and sage and continue cooking 5 minutes.

Remove from the heat and add the 1/2 cup Parmesan, stirring until melted. Serve at once, topping each portion with 1 teaspoon of Parmesan.

Nutritional Information: Per serving (3/4 cup): 140 calories, 3.5 g fat (1.5 g saturated, 0 g trans), 5 mg cholesterol, 260 mg sodium, 19 g carbohydrate, 4 g fiber, 6 g protein.