

Ingredients:

Serves 40

Polenta Chips

- 12 cups reduced fat milk
- 4 cups of vegetable stock (gluten free- check label)
- 6 cups instant cornmeal polenta
- 1 cup parmesan cheese
- Olive oil spray
- Pepper/extra herbs and spices

Guacamole

- 8 avocados, skin and stone removed
- Juice of 2 limes
- 4 ripe tomato, finely chopped
- 2 red onions
- Pepper

Method

1. Line a 4cm deep, 19 X 30cm slice tin with baking paper.
2. Over high heat, bring milk and stock to the boil in a large pan. Pour in the polenta in a thin stream, whisking continuously. Reduce heat to medium low and cook, stirring with a wooden spoon for 4 minutes, or until smooth and thick.
3. Add parmesan, stir until melted. Pour into the prepared slice tin and smooth. Cover and chill in the refrigerator for 3 hours or overnight.
4. Preheat oven to 200°C. Grease a baking tray with olive oil spray.
5. Cut polenta into 7cm strips and place on to the baking tray and cook for 10 minutes turning once. Transfer to rack and season with pepper and extra herbs and spices.
6. Place the avocado and lime juice in a bowl and mash avocado well with a fork. Add the other guacamole ingredients and mix firmly with a fork until well-combined.
7. Chill guacamole until ready to serve with polenta chips

Gluten Free

Egg Free

Vegetarian

AGHE Food Group Serves

Grain (cereal) foods= ¼
Dairy= ½

Involving the Children

Have a cooking demonstration and discuss which countries use polenta as a cooking staple example Italy, USA (corngrits), Hungary etc.

Fast Fact

This recipe is gluten free and is also suitable for vegetarians.

Polenta Chips

Nutrition Criteria	Average Quantity per Serve (kJ)
Energy	576kJ
Saturated Fat	1.3g
Sodium	70mg
Fibre	0.7g