



Polenta Stuffed Mini Bell Peppers

12 mini multi-colored bell peppers
1 cup vegetable broth
2 cups frozen corn
2 tablespoons honey
salt and pepper to taste

1 1/2 cups heavy cream
3/4 cup instant polenta
2 cups shredded sharp cheddar
1 egg, beaten
pinch of crushed red chili



Cut the peppers in half, leaving the stems on. Remove any seeds or membrane as needed and set aside.

To cook the polenta, bring heavy cream to a good simmer and then whisk in hot vegetable broth and polenta. Cook until polenta thickens, about 2-3 minutes, then remove from heat. Stir in corn and about 2/3 of the cheese. Blend in the eggs, stirring so they blend without scrambling. Add spices and allow to cool slightly. When cool to the touch, spoon into plastic bag or pastry bag.

Cut a small tip off of corner of plastic bag, and begin to fill peppers. Place filled pepper on cookie sheet, polenta side up, and close enough so that they don't tip over. Top with remaining cheddar.

Place in 400 degree preheated oven for about 10-15 minutes, or until cheese is lightly browned and serve. Great side dish or antipasto!