



KIDNEY-FRIENDLY & HEART-HEALTHY

Pesto Polenta Bites

Makes 10 servings



INGREDIENTS

1 16 oz package cooked polenta log

¼ cup vegan (dairy-free) pesto

1/2 tsp lemon juice

1 Tbsp olive oil

DIRECTIONS:

Preheat oven to 400°F.

Cut the tube of polenta into chunks. Mash in a bowl with a fork or potato masher until smooth.

Stir in olive oil, pesto, and lemon juice until well combined.

Scoop 1 Tbsp portions, roll into balls with damp hands. Flatten and place on a parchment-lined baking sheet.

Bake at 12–15 minutes, turning halfway, until lightly golden.

Serve warm. Extra pesto on the side for dipping as desired. Basil garnish as desired.

Enjoy!

Nutrition Facts Per Serving (1 bite)	Calories	61
	Carbohydrates	7 g
	Protein	1 g
	Total Fat	3 g
	Phosphorus	0 mg
	Potassium	32 mg
	Sodium	140 mg

The recipes contained here are for educational purposes to promote a healthy diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your health condition, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.

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