

## **Creamy Squash, Spinach, and Chicken Polenta Casserole**

1 pound boneless, skinless chicken (breasts or thighs)  
Ground black pepper, and salt or Mrs. Dash, to taste  
1 tablespoon olive oil  
1 1/2 cups water  
2 cups milk  
1 tablespoon butter  
1 cup dried polenta (course cornmeal)  
2 tablespoons olive oil  
1/2 to 3/4 cup chopped onion  
1 small zucchini, sliced and quartered (about 1 cup)  
1 small yellow squash, sliced and quartered (about 1 cup)  
1 15-ounce can of diced tomatoes with oregano, garlic and basil (if yours are plain diced, add dried or fresh herbs to taste)  
1 8 to 10-ounce bag fresh spinach  
Ground black pepper, to taste  
1/2 cup shredded fresh Mozzarella cheese  
1/2 cup shredded Parmesan cheese

Cut the chicken into bite-sized pieces and season to taste with ground black pepper and salt or Mrs. Dash. Heat a skillet with the 1 tablespoon of olive oil over medium heat and brown the chicken about 5 to 7 minutes, stirring often. Set aside.

Heat 1 1/2 cups of water in a medium sauce pot to boil. Stir together the milk and polenta to make a slurry, then add to the boiling water. Bring up to a simmer then reduce the heat and simmer for about 25 minutes, stirring occasionally, until thickened. (If you want you could

When the polenta is done, pour it into an oil-sprayed 13 x 9 or so sized casserole dish and set aside.

Meanwhile, add the 2 tablespoons olive oil to a skillet over medium heat. Add the onion, garlic, zucchini, and squash and sauté until the onions are softened.

Add the tomatoes (and spices if tomatoes aren't pre-seasoned). Bring up to a simmer for 10 minutes.

Add the browned chicken and mix to combine. Now, by handfuls, tear up the spinach and add to the mixture and stir in until all is added and wilted.

Meanwhile (again), preheat the oven to 350 degrees. After the vegetable mixture is done, spread it evenly on top of the polenta in the casserole dish. Top with a combination of shredded Mozzarella and Parmesan cheeses.

Bake for about 25 minutes until it is heated through and bubbly and the cheese has melted. Turn the heat up to broil and broil for 5 minutes. Take out of oven and let rest for 5 minutes. Serve on plates or in bowls.