

# Savory Tamale Breakfast Bowl\*

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## **Ingredients:**

1 cup instant polenta or grits  
1 15-ounce can kidney beans, rinsed and drained  
1 teaspoon chili powder  
1 cup prepared salsa  
1 large avocado, peeled, pitted, sliced  
Cilantro leaves, for garnish

## **Instructions:**

Cook instant polenta according to package directions.

Meanwhile, combine kidney beans, chili powder and  $\frac{1}{4}$  cup water in a medium saucepan. Heat over medium-low heat 2 minutes, or until warmed through.

Divide the polenta among 4 bowls. Top each serving with  $\frac{1}{3}$  cup kidney beans,  $\frac{1}{4}$  cup salsa,  $\frac{1}{4}$  avocado, and a sprinkling of cilantro leaves.

\* From Forks Over Knives