



Caponata and Herb Polenta

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

598 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 14 ounce canned tomatoes crushed canned
- ☐ 32 ounce canned tomatoes diced canned
- ☐ 3 ounce capers drained
- ☐ 2 ribs celery chopped
- ☐ 3 cups chicken stock see
- ☐ 1 medium eggplant diced firm
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 1 sprig rosemary fresh chopped finely chopped finely

- ☐ 4 sprigs thyme leaves fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 0.5 cup golden raisins a couple of handfuls
- ☐ 0.5 cup olives green pitted chopped
- ☐ 4 servings serving suggestion: greens tossed mixed fresh with herbs, dressed with oil, vinegar, salt, and pepper
- ☐ 0.5 cup kalamata olives black pitted chopped
- ☐ 1 cubanelle long pepper diced green italian seeded
- ☐ 6 cups greens mixed
- ☐ 2 tablespoons olive oil extra-virgin 2 turns around the pan
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 bell pepper diced red seeded
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup romano grated
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper
- ☐ 1 large onion sweet peeled chopped
- ☐ 1 cup specialty foods aisles italian
- ☐ 1 cup specialty foods aisles italian

Equipment

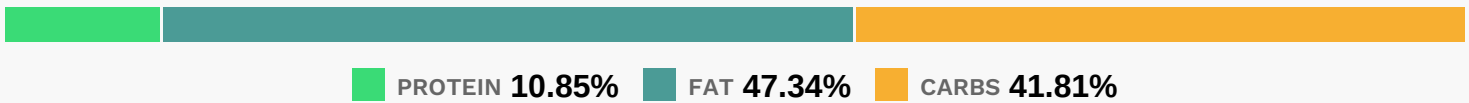
- ☐ frying pan
- ☐ pot
- ☐ stove
- ☐ cutting board

Directions

- ☐ Place the cutting board near the stovetop. Preheat a big, deep pot over medium heat.

- ☐ Add oil, garlic, and crushed pepper. As you chop vegetables (peppers, onion, and celery), add them to the pot. Once vegetables are in there, increase heat a bit.
- ☐ Stir in olives, capers, and raisins. Salt the diced eggplant and stir into the pot.
- ☐ Add tomatoes, diced and crushed, to the pot and stir caponata well to combine. Cover pot and cook caponata 15 to 20 minutes, until vegetables are tender. Stir in parsley and remove pan from heat.
- ☐ Polenta: Bring 3 cups chicken broth to a boil.
- ☐ Add polenta and stir constantly until the cornmeal masses together. Stir in herbs, butter, cheese, salt, and pepper.
- ☐ Spread polenta out over a serving platter. Make a shallow well from the center out and fill with half of the prepared caponata. This stands as a complete dinner on its own, so rich with vitamins and fresh vegetables. Refrigerate the remaining caponata for a later use.
- ☐ If you prepare a salad, keep it simple. Dress mixed greens with oil, vinegar, salt, and pepper. Caponata can also be used as a bruschetta topping.

Nutrition Facts



Properties

Glycemic Index:102.67, Glycemic Load:16.28, Inflammation Score:-10, Nutrition Score:39.740434572101%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.77mg, Apigenin: 2.77mg, Apigenin: 2.77mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 29.43mg, Kaempferol: 29.43mg, Kaempferol: 29.43mg, Kaempferol: 29.43mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 49.39mg, Quercetin: 49.39mg, Quercetin: 49.39mg, Quercetin: 49.39mg

Nutrients (% of daily need)

Calories: 597.55kcal (29.88%), Fat: 33.85g (52.07%), Saturated Fat: 8.6g (53.75%), Carbohydrates: 67.26g (22.42%), Net Carbohydrates: 53.1g (19.31%), Sugar: 38.01g (42.23%), Cholesterol: 24.7mg (8.23%), Sodium: 2396.2mg (104.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.45g (34.91%), Vitamin C: 104.15mg (126.24%), Vitamin A: 3483.37IU (69.67%), Manganese: 1.28mg (63.88%), Vitamin E: 9.31mg (62.06%), Vitamin K: 63.4µg (60.38%), Potassium: 1988.89mg (56.83%), Fiber: 14.16g (56.66%), Vitamin B6: 1.11mg (55.53%), Copper:

1.1mg (55.12%), Vitamin B3: 9.11mg (45.57%), Folate: 162.74µg (40.69%), Iron: 7.29mg (40.51%), Magnesium: 136.17mg (34.04%), Vitamin B2: 0.57mg (33.48%), Phosphorus: 332.07mg (33.21%), Vitamin B1: 0.46mg (30.63%), Calcium: 291.3mg (29.13%), Vitamin B5: 1.68mg (16.76%), Zinc: 2.13mg (14.19%), Selenium: 9.82µg (14.03%), Vitamin B12: 0.09µg (1.45%)