



Creamy Polenta with Tomato-Corn Ragout

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil coarsely chopped
- 1 tablespoon canola oil
- 2.5 cups corn kernels fresh (from 4 ears)
- 2 tablespoons jalapeño seeded finely chopped
- 0.5 cup mascarpone cheese plus more for serving
- 0.3 cup mint leaves coarsely chopped
- 2 ounces parmesan cheese freshly grated
- 4 servings pepper freshly ground

- 1.5 cups coarse polenta instant (not)
- 4 servings salt
- 4 thyme sprigs for garnish
- 1.5 pounds tomatoes--cored seeded coarsely chopped
- 2 tablespoons butter unsalted
- 1 cup vidalia onion finely chopped
- 8 cups water

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Bring the water to a boil in a medium nonstick saucepan.
- Add a pinch of salt, then slowly add the polenta in a steady, thin stream, stirring constantly, to avoid lumps. Cook over moderately low heat, stirring often, until tender and very thick, about 35 minutes.
- Remove the pan from the heat and stir in 1/2 cup of the mascarpone, the Parmesan and 1 tablespoon of the butter. Season with salt and pepper and keep warm.
- Meanwhile, melt the remaining 1 tablespoon of butter in the oil in a large nonstick skillet.
- Add the onion and cook over moderately high heat until softened but not browned, about 4 minutes.
- Add the corn and jalapeo and cook until the corn is tender, about 5 minutes. Stir in the tomatoes, season with salt and pepper and cook until just warmed through and some of the tomato juices have been released, about 5 minutes. Stir in the basil and mint.
- Stir the polenta; add a little hot water if it is too thick and spoon into bowls. Top with the tomato-corn ragout, garnish with thyme sprigs and serve hot. Pass more of the mascarpone cheese at the table.
- Wine Recommendation: A round, rich Merlot would complement the polenta perfectly and have enough edge to balance the sauce. Consider the 1995 Meerlust from South Africa or the

1996 Silverado from California.

Nutrition Facts

PROTEIN 10.49% **FAT 40.26%** **CARBS 49.25%**

Properties

Glycemic Index:54.25, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:20.023043492566%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 615.68kcal (30.78%), Fat: 28.2g (43.38%), Saturated Fat: 14.38g (89.88%), Carbohydrates: 77.62g (25.87%), Net Carbohydrates: 71.83g (26.12%), Sugar: 12.86g (14.29%), Cholesterol: 55.51mg (18.5%), Sodium: 508.91mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.08%), Vitamin A: 2733.17IU (54.66%), Vitamin C: 43.05mg (52.18%), Phosphorus: 273.41mg (27.34%), Manganese: 0.54mg (26.78%), Potassium: 851.35mg (24.32%), Vitamin K: 25.01µg (23.82%), Fiber: 5.79g (23.17%), Selenium: 15.95µg (22.79%), Calcium: 223.57mg (22.36%), Magnesium: 87.88mg (21.97%), Folate: 83.54µg (20.88%), Vitamin B6: 0.41mg (20.64%), Vitamin B1: 0.31mg (20.53%), Vitamin B3: 3.57mg (17.87%), Copper: 0.32mg (16.22%), Vitamin E: 2.12mg (14.12%), Vitamin B5: 1.23mg (12.25%), Zinc: 1.74mg (11.62%), Iron: 2.09mg (11.62%), Vitamin B2: 0.18mg (10.83%), Vitamin B12: 0.2µg (3.39%), Vitamin D: 0.18µg (1.17%)