



Goat Cheese Polenta with Sautéed Kale



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 8 ounce crimini mushrooms
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup wine dry white
- ☐ 1 large eggs
- ☐ 4 garlic clove thinly sliced
- ☐ 2 ounces goat cheese divided crumbled
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 6 cups destemmed lacinato/dinosaur kale chopped (1 bunch)
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 cup onion diced
- ☐ 2 tablespoons pinenuts toasted
- ☐ 1 cup oats uncooked
- ☐ 1 thyme leaves
- ☐ 3.3 cups water divided

Equipment

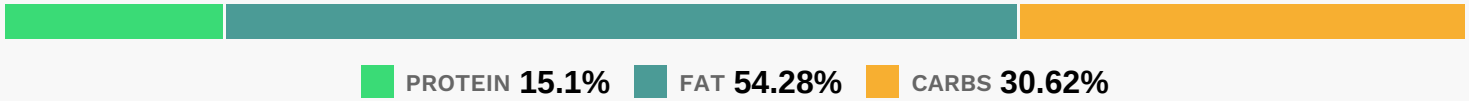
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Bring 3 cups water and thyme to a boil in a medium saucepan. Gradually add polenta, 1/4 teaspoon salt, and 1/4 teaspoon black pepper. Reduce heat to medium; cook 6 minutes or until thick, stirring constantly. Discard thyme sprig.
- ☐ Combine 1 ounce goat cheese, cream cheese, and egg in a small bowl, stirring with a whisk until almost smooth.
- ☐ Add egg mixture to polenta, stirring to combine.
- ☐ Remove pan from heat. Line an 8-inch square glass or ceramic baking dish with plastic wrap, allowing plastic wrap to extend over edges of dish; coat plastic wrap with cooking spray. Spoon polenta into dish, spreading evenly. Cover and keep warm.
- ☐ Heat a large skillet over medium heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add onion, red pepper, garlic, and mushrooms; saut 7 minutes or until tender.
- ☐ Add wine; cook 2 minutes or until slightly thickened.

- ☐ Remove mushroom mixture from pan; keep warm.
- ☐ Return pan to medium heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add remaining 1/4 cup water, kale, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper. Cover, reduce heat, and simmer 5 minutes or until tender.
- ☐ Invert polenta onto a plate; remove plastic wrap.
- ☐ Cut into 4 squares.
- ☐ Cut each square into 2 triangles.
- ☐ Place 2 triangles on each of 4 plates; top with 1/2 cup mushroom mixture and 1/2 cup kale.
- ☐ Sprinkle remaining 1 ounce goat cheese and pine nuts evenly over kale.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:8.36, Inflammation Score:-10, Nutrition Score:26.610869490582%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 7.93mg, Isorhamnetin: 7.93mg, Isorhamnetin: 7.93mg, Isorhamnetin: 7.93mg Kaempferol: 14.82mg, Kaempferol: 14.82mg, Kaempferol: 14.82mg, Kaempferol: 14.82mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

Nutrients (% of daily need)

Calories: 271.88kcal (13.59%), Fat: 16.59g (25.52%), Saturated Fat: 3.97g (24.84%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 16.92g (6.15%), Sugar: 2.48g (2.76%), Cholesterol: 53.02mg (17.67%), Sodium: 396.99mg (17.26%), Alcohol: 1.54g (100%), Alcohol %: 0.53% (100%), Protein: 10.38g (20.77%), Vitamin K: 131.52µg (125.26%), Manganese: 1.74mg (86.96%), Vitamin A: 3450.07IU (69%), Vitamin C: 31.54mg (38.23%), Selenium: 26.74µg (38.2%), Vitamin B2: 0.55mg (32.12%), Copper: 0.61mg (30.28%), Phosphorus: 279.59mg (27.96%), Magnesium: 92.93mg (23.23%), Fiber: 4.14g (16.56%), Vitamin B1: 0.24mg (16.29%), Vitamin B3: 3.07mg (15.34%), Potassium: 534.11mg (15.26%), Iron: 2.7mg (15.01%), Calcium: 145.43mg (14.54%), Zinc: 2.12mg (14.12%), Vitamin E: 2.09mg

(13.93%), Vitamin B5: 1.37mg (13.7%), Folate: 51.83µg (12.96%), Vitamin B6: 0.25mg (12.69%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.36µg (2.42%)