



Grilled Polenta and Radicchio with Balsamic Drizzle

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

ready

150 min.

SERVINGS

servings

45

CALORIES

calories

147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup balsamic vinegar
- ☐ 2 garlic cloves smashed
- ☐ 45 servings olive oil extra-virgin for drizzling and brushing
- ☐ 1 cup polenta instant
- ☐ 2 medium heads radicchio thinly 1-inch-thick cut into wedges through the cores
- ☐ 1 rosemary sprig
- ☐ 45 servings salt and pepper freshly ground

- ☐ 2 cups soy milk
- ☐ 1 thyme sprig
- ☐ 2 cups water

Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ grill

Directions

- ☐ Lightly oil a 9-inch square glass or ceramic baking dish. In a medium saucepan, combine the water, soy milk, garlic, rosemary and thyme and bring to a boil.
- ☐ Remove from the heat, and let steep for 10 minutes.
- ☐ Discard the garlic, rosemary and thyme and return the mixture to a boil. Gradually whisk in the polenta and simmer over low heat, whisking often, until very thick and no longer gritty, 10 minutes. Season with salt and pepper.
- ☐ Pour the polenta into the baking dish.
- ☐ Let cool to room temperature, then cover and refrigerate for at least 2 hours.
- ☐ Meanwhile, in a small saucepan, boil the balsamic vinegar over moderately high heat until reduced to 1/4 cup, about 15 minutes.
- ☐ Let cool to room temperature.
- ☐ Light a grill.
- ☐ Drizzle the radicchio wedges with olive oil and season with salt and pepper. Grill over moderately high heat until lightly charred and just tender, about 3 minutes per side. Clean the grill with a wire brush.
- ☐ Carefully unmold the polenta and cut it into 8 wedges or squares.
- ☐ Brush all over with olive oil. Grill the polenta until it's lightly charred on the bottom and releases easily, 4 minutes per side. Arrange the grilled polenta and radicchio on plates, drizzle with the balsamic reduction and serve.

Nutrition Facts



 **PROTEIN 1.78%**  **FAT 86.86%**  **CARBS 11.36%**

Properties

Glycemic Index:5.08, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:1.8691304274227%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 146.81kcal (7.34%), Fat: 14.25g (21.93%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 4.09g (1.49%), Sugar: 1.14g (1.26%), Cholesterol: 0mg (0%), Sodium: 201.21mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin E: 2.28mg (15.21%), Vitamin K: 8.55µg (8.15%), Vitamin B3: 0.39mg (1.95%), Vitamin B12: 0.11µg (1.89%), Calcium: 17.23mg (1.72%), Vitamin B6: 0.03mg (1.57%), Vitamin B2: 0.02mg (1.33%), Selenium: 0.86µg (1.23%), Iron: 0.21mg (1.19%), Vitamin C: 0.84mg (1.01%)