



Grits and Roasted Vegetables With Hazelnut Butter



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



769 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cheese blue such as gorgonzola crumbled
- ☐ 0.5 medium butternut squash peeled cut into 1/2-inch pieces
- ☐ 1 pinch cayenne pepper
- ☐ 2 tablespoons cider vinegar
- ☐ 4 sprigs thyme leaves fresh
- ☐ 4 cloves garlic smashed
- ☐ 1 cup old-fashioned grits

- ☐ 0.3 cup hazelnuts chopped
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon brown sugar light
- ☐ 1.5 cups milk
- ☐ 1.5 pounds mushrooms mixed halved
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 4 plum tomatoes halved lengthwise
- ☐ 5 tablespoons butter unsalted
- ☐ 2 cups vegetable broth

Equipment

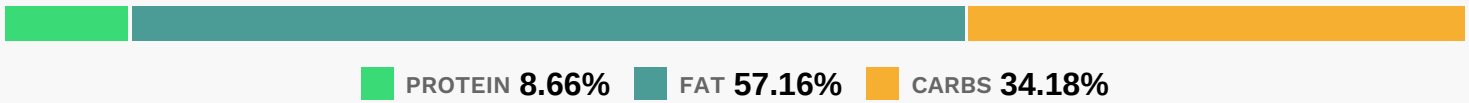
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ microwave

Directions

- ☐ Adjust the oven racks to their top positions and preheat the oven to 475 degrees. Toss the squash, tomatoes, garlic and 2 sprigs thyme with 2 tablespoons olive oil and 1/2 teaspoon salt in a large bowl.
- ☐ Spread the mixture on a baking sheet, turning the tomatoes skin-side up. Toss the mushrooms with the remaining 4 tablespoons olive oil and 1/2 teaspoon salt in the same bowl; spread on another baking sheet.
- ☐ Place the tomato mixture on the top rack and the mushrooms underneath and roast until the squash is tender, the tomatoes char and the mushroom edges are crisp, 40 minutes.
- ☐ Meanwhile, combine the grits, broth, milk, remaining 2 sprigs thyme, 1 tablespoon butter, 1/2 teaspoon salt and the cayenne pepper in a large microwave-safe bowl. Microwave on high, uncovered, for 16 minutes, stirring halfway through. (The grits should be fairly thick; if they're not, microwave up to 2 more minutes.)

- ☐ Remove and discard the thyme.
- ☐ Heat the remaining 4 tablespoons butter in a small skillet over low heat.
- ☐ Add the hazelnuts and cook, stirring frequently, until fragrant and slightly brown, about 4 minutes.
- ☐ Whisk in the brown sugar and vinegar and remove from the heat.
- ☐ Divide the grits among 4 plates. Top each with a portion of the roasted vegetables and crumbled blue cheese.
- ☐ Drizzle with warm hazelnut butter sauce before serving.

Nutrition Facts



Properties

Glycemic Index:85.5, Glycemic Load:5.84, Inflammation Score:-10, Nutrition Score:34.061739092288%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 768.66kcal (38.43%), Fat: 50.6g (77.85%), Saturated Fat: 17.3g (108.1%), Carbohydrates: 68.08g (22.69%), Net Carbohydrates: 59.41g (21.6%), Sugar: 16.89g (18.77%), Cholesterol: 61.26mg (20.42%), Sodium: 919.34mg (39.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.24g (34.48%), Vitamin A: 11590.31IU (231.81%), Manganese: 1.4mg (70.25%), Vitamin B6: 0.93mg (46.64%), Phosphorus: 462.16mg (46.22%), Vitamin B3: 9.06mg (45.28%), Vitamin E: 6.71mg (44.75%), Vitamin B5: 3.94mg (39.41%), Vitamin C: 31.37mg (38.02%), Potassium: 1328.45mg (37.96%), Vitamin B2: 0.63mg (37.14%), Fiber: 8.68g (34.7%), Selenium: 21.87µg (31.24%), Magnesium: 117.79mg (29.45%), Copper: 0.57mg (28.71%), Calcium: 285.49mg (28.55%), Zinc: 3.3mg (22%), Vitamin B1: 0.32mg (21.39%), Vitamin K: 22.08µg (21.03%), Folate: 77.17µg (19.29%), Iron: 2.82mg (15.67%), Vitamin D: 2.03µg (13.56%), Vitamin B12: 0.73µg (12.16%)