



Polenta Half-Moons with Whipped Goat Cheese

 Vegetarian  Gluten Free

READY IN

ready

70 min.

SERVINGS

servings

8

CALORIES

calories

195 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons basil fresh chopped
- ☐ 4 ounces goat cheese at room temperature
- ☐ 3 tablespoons heavy cream at room temperature
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 2 tablespoons parmesan finely grated
- ☐ 0.3 cup pinenuts toasted
- ☐ 1 cup polenta instant

Equipment

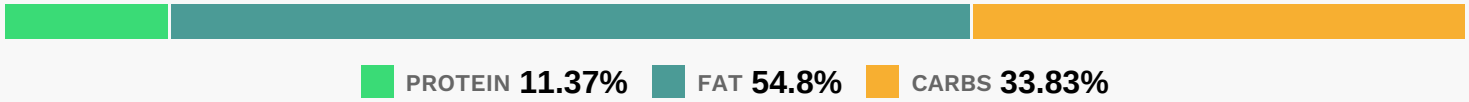
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook's Note: Preheat oven to 350 degrees F. Arrange the pine nuts in a single layer on a baking sheet.
- ☐ Bake until lightly toasted, 6–8 minutes. Cool completely before using.
- ☐ For the polenta: Preheat the broiler. Bring 3 cups water and the salt to a boil in a medium saucepan over medium–high heat. Stir in the polenta and continue to stir until the polenta is thick, 5 to 8 minutes.
- ☐ Transfer the polenta to a sheet of parchment paper.
- ☐ Roll the polenta into a 2 1/2–diameter log. Refrigerate until cool, 30 minutes.
- ☐ Spray a heavy baking sheet with vegetable oil cooking spray. Slice the polenta into 1/8–inch–thick slices.
- ☐ Cut each slice of polenta in half to make half–moon shapes and arrange in a single layer on the prepared baking sheet.
- ☐ Brush with the olive oil and sprinkle with the Parmesan. Broil until the cheese is golden, 6 to 7 minutes. Set aside to cool for 10 minutes.

- ☐
- For the goat cheese: Beat the goat cheese, cream, basil, salt and pepper in a medium bowl using an electric hand mixer on medium speed until light and fluffy, 1 minute. Stir in the pine nuts.
- ☐
- Using two spoons to measure, place 1/2 to 3/4 teaspoon-size dollops of the goat cheese mixture on top of the polenta slices and serve.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:4.6543478240138%

Nutrients (% of daily need)

Calories: 194.84kcal (9.74%), Fat: 11.97g (18.42%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 16.13g (5.87%), Sugar: 0.58g (0.65%), Cholesterol: 13.73mg (4.58%), Sodium: 437.46mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Manganese: 0.42mg (21.22%), Copper: 0.18mg (8.97%), Phosphorus: 87.51mg (8.75%), Vitamin K: 8.11µg (7.73%), Vitamin E: 0.98mg (6.56%), Vitamin A: 322.54IU (6.45%), Selenium: 4.26µg (6.09%), Vitamin B2: 0.09mg (5.11%), Magnesium: 19.76mg (4.94%), Iron: 0.77mg (4.28%), Calcium: 41.29mg (4.13%), Vitamin B6: 0.07mg (3.65%), Zinc: 0.54mg (3.6%), Vitamin B1: 0.05mg (3.54%), Vitamin B3: 0.5mg (2.5%), Vitamin B5: 0.23mg (2.28%), Fiber: 0.5g (2.01%), Potassium: 65.75mg (1.88%), Folate: 4.96µg (1.24%), Vitamin D: 0.15µg (1.02%)