



Polenta Toasts with Balsamic Onions, Roasted Peppers, Feta, and Thyme



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



16

CALORIES



81 kcal

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons butter divided
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons olive oil divided
- ☐ 2 cups onion vertically sliced
- ☐ 1 cup polenta dry

- ☐ 0.3 cup roasted peppers red chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1 thyme leaves
- ☐ 3 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ cutting board

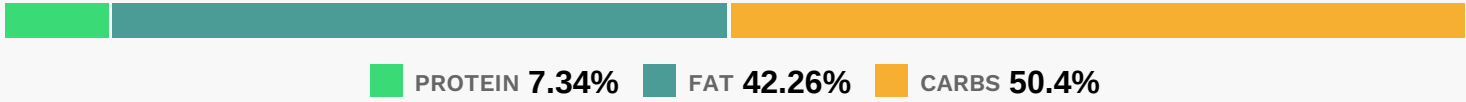
Directions

- ☐ Bring 3 cups water and 1/2 teaspoon salt to a boil in a medium saucepan. Gradually add polenta, stirring constantly with a whisk. Reduce heat to low, and cook 20 minutes, stirring frequently. Stir in 1 tablespoon oil and 1 tablespoon butter. Spoon polenta into an 8-inch square glass or ceramic baking dish coated with cooking spray. Press plastic wrap onto surface of polenta; chill 2 hours or until firm.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add remaining 1 tablespoon oil and remaining 1 tablespoon butter; swirl to coat.
- ☐ Add garlic; saut 15 seconds.
- ☐ Add remaining 1/4 teaspoon salt, onion, and thyme sprig; saut 3 minutes or until onion begins to soften. Reduce heat to low; cook 30 minutes or until onion is very tender, stirring frequently.
- ☐ Add vinegar; cook 5 minutes, stirring frequently. Discard thyme sprig.
- ☐ Invert polenta onto a cutting board; cut into 16 squares.
- ☐ Cut each square in half diagonally.
- ☐ Heat a skillet over medium heat. Lightly coat polenta triangles with cooking spray.

- ☐
- Add 16 triangles to pan; cook 5 minutes on each side or until lightly browned. Repeat procedure with remaining triangles.

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Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:1.6917391210471%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 80.97kcal (4.05%), Fat: 3.83g (5.88%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 9.69g (3.52%), Sugar: 1.06g (1.18%), Cholesterol: 5.85mg (1.95%), Sodium: 180.37mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Vitamin C: 3.06mg (3.7%), Selenium: 2.19µg (3.13%), Vitamin B6: 0.06mg (2.8%), Manganese: 0.05mg (2.53%), Fiber: 0.57g (2.29%), Phosphorus: 22.62mg (2.26%), Calcium: 20.96mg (2.1%), Vitamin A: 101.53IU (2.03%), Vitamin E: 0.3mg (2.01%), Vitamin B2: 0.03mg (1.89%), Vitamin B1: 0.03mg (1.79%), Magnesium: 6.52mg (1.63%), Potassium: 51.7mg (1.48%), Copper: 0.03mg (1.43%), Folate: 5.6µg (1.4%), Iron: 0.25mg (1.39%), Vitamin K: 1.33µg (1.27%), Zinc: 0.16mg (1.07%), Vitamin B5: 0.1mg (1.01%)