



Polenta Triangles with Goat Cheese and Wild Mushrooms

 Gluten Free

READY IN



52 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 cups less-sodium chicken broth fat-free divided
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 ounces goat cheese crumbled

- ☐ 8 ounce gourmet blend mushrooms sliced (baby bella, shiitake, and oyster mushrooms)
- ☐ 2.5 teaspoons olive oil divided
- ☐ 1 cup parmesan cheese grated
- ☐ 1 cup polenta dry instant
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shallots chopped (2 large)
- ☐ 1 cup water

Equipment

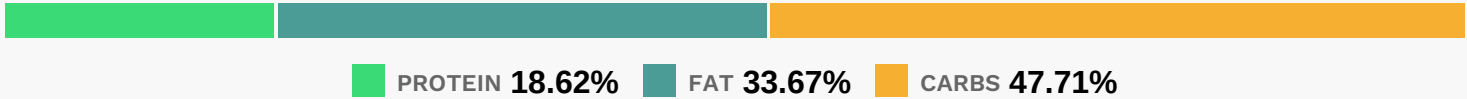
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Combine 1 1/2 cups broth and 1 cup water in a medium saucepan; bring to a boil over high heat. Gradually add polenta, stirring with a whisk. Reduce heat to low; cook 5 minutes or until very thick, stirring constantly. Stir in Parmesan cheese. Spoon polenta into an 8-inch square baking dish coated with cooking spray, spreading evenly. Press plastic wrap onto surface of polenta; chill 2 hours or until firm.
- ☐ Cut polenta into 4 squares.
- ☐ Cut each square in half diagonally to form triangles.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of polenta triangles; cook 4 minutes on each side or until golden.
- ☐ Remove from pan; keep warm. Repeat procedure with 1 teaspoon oil and remaining polenta.
- ☐ Heat remaining 1/2 teaspoon oil in pan over medium-high heat.
- ☐ Add mushrooms and next 3 ingredients; saut 3 minutes or until golden brown.
- ☐ Combine remaining 1 1/2 cups broth, wine, and cornstarch; stir until well blended.

- ☐ Add broth mixture, thyme, and parsley to mushroom mixture; bring to a boil, and cook 7 minutes or until slightly thick, stirring constantly. Spoon sauce over polenta; sprinkle with goat cheese.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:14.550434703412%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 379.26kcal (18.96%), Fat: 13.54g (20.84%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 40.45g (14.71%), Sugar: 2.74g (3.05%), Cholesterol: 28.27mg (9.42%), Sodium: 1276.37mg (55.49%), Alcohol: 3.09g (100%), Alcohol %: 0.94% (100%), Protein: 16.85g (33.71%), Phosphorus: 327.61mg (32.76%), Selenium: 21.37µg (30.52%), Calcium: 269.21mg (26.92%), Vitamin B2: 0.41mg (23.91%), Vitamin B3: 4.43mg (22.13%), Vitamin K: 19.15µg (18.24%), Copper: 0.35mg (17.57%), Manganese: 0.29mg (14.35%), Vitamin B5: 1.38mg (13.78%), Potassium: 481.97mg (13.77%), Vitamin B6: 0.27mg (13.68%), Iron: 2.43mg (13.49%), Zinc: 1.99mg (13.28%), Vitamin A: 643.61IU (12.87%), Vitamin B12: 0.7µg (11.75%), Magnesium: 43.9mg (10.98%), Fiber: 2.73g (10.93%), Vitamin B1: 0.16mg (10.89%), Folate: 36.09µg (9.02%), Vitamin C: 5.31mg (6.44%), Vitamin D: 0.58µg (3.86%), Vitamin E: 0.53mg (3.52%)