



## Polenta with Green Beans, Mushrooms, Peas, and Leeks



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup butter chilled cut into 1/2-inch cubes ( )
- ☐ 1 cup peas fresh shelled (12 to 14 ounces in pods)
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 0.8 pound green beans trimmed
- ☐ 3 tablespoons cup heavy whipping cream
- ☐ 2 cups leek white green thinly sliced ( and pale parts only; 2 medium)
- ☐ 1 pound mushrooms wild assorted stemmed cut into wedges (such as crimini, small portobello, and shiitake)

- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons parsley fresh italian divided chopped
- ☐ 1.8 cups cornmeal (coarse cornmeal)
- ☐ 0.8 cup shallots sliced
- ☐ 2.5 cups vegetable stock
- ☐ 1.5 cups mirin dry white
- ☐ 4 cups milk whole

## Equipment

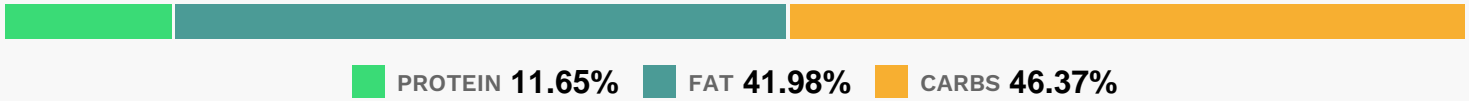
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Blanch green beans 1 minute in boiling water.
- ☐ Add peas and cook until both beans and peas are crisp-tender, about 3 minutes.
- ☐ Transfer to bowl of ice water to cool.
- ☐ Drain.
- ☐ Cut beans on diagonal into 1-inch pieces. Set beans and peas aside.
- ☐ Bring milk and broth to boil in large saucepan over high heat. Reduce heat to medium. Gradually whisk in polenta. Reduce heat to low. Cook until polenta is very thick, whisking almost constantly, about 10 minutes. Season with salt and pepper.
- ☐ Remove from heat; cover to keep warm.
- ☐ Meanwhile, combine leeks and vermouth in medium saucepan. Boil over medium-high heat until reduced to 1/3 cup, 8 minutes.
- ☐ Remove from heat. Gradually whisk in butter, allowing each addition to melt before adding next.
- ☐ Add cream and whisk over very low heat to blend. Season with salt and pepper. Set aside.
- ☐ Heat oil in large skillet over medium-high heat.

- ☐ Add mushrooms and sauté until almost tender, 5 minutes. Stir in shallots, 1 tablespoon parsley, and thyme. Sauté until mushrooms are very tender, about 5 minutes.
- ☐ Add beans and peas, tossing to coat.
- ☐ Rewarm polenta and spoon into large shallow bowl. Top with green bean mixture and remaining 1 tablespoon parsley. Rewarm leeks over low heat, whisking constantly; spoon evenly over polenta.
- ☐ \* Sold at some supermarkets and at natural foods stores and Italian markets. If unavailable, substitute an equal amount of regular yellow cornmeal and cook about half as long.

## Nutrition Facts



## Properties

Glycemic Index: 77.14, Glycemic Load: 28.65, Inflammation Score: -10, Nutrition Score: 28.698695597441%

## Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## Nutrients (% of daily need)

Calories: 578.1kcal (28.9%), Fat: 25.93g (39.89%), Saturated Fat: 11.17g (69.79%), Carbohydrates: 64.44g (21.48%), Net Carbohydrates: 54.8g (19.93%), Sugar: 17.82g (19.8%), Cholesterol: 48.33mg (16.11%), Sodium: 537mg (23.35%), Alcohol: 5.7g (100%), Alcohol %: 1.19% (100%), Protein: 16.18g (32.37%), Vitamin K: 72.12µg (68.68%), Phosphorus: 417.53mg (41.75%), Vitamin B2: 0.7mg (41.12%), Vitamin A: 2034.51IU (40.69%), Manganese: 0.8mg (40.18%), Fiber: 9.64g (38.57%), Vitamin B6: 0.75mg (37.49%), Vitamin C: 26.98mg (32.71%), Vitamin B1: 0.44mg (29.41%), Magnesium: 115.06mg (28.76%), Potassium: 985.42mg (28.15%), Calcium: 272.43mg (27.24%), Vitamin B3: 5.18mg (25.91%), Copper: 0.5mg (25.2%), Folate: 94.99µg (23.75%), Vitamin B5: 2.33mg (23.32%), Iron: 3.93mg (21.83%), Selenium: 14.65µg (20.93%), Zinc: 3.14mg (20.93%), Vitamin B12: 0.94µg (15.61%), Vitamin E: 2.12mg (14.1%), Vitamin D: 2.06µg (13.74%)