



Warm Pumpkin Salad with Polenta and Candied Pumpkin Seeds

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



549 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz arugula trimmed
- ☐ 2 lb butternut squash peeled seeded quartered
- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 tablespoon cranberry juice cocktail fresh (see cooks' note, below)
- ☐ 0.5 teaspoon ground cumin
- ☐ 6 tablespoons olive oil extra-virgin

- ☐ 0.3 teaspoon paprika
- ☐ 6 oz parmigiano-reggiano
- ☐ 0.5 cup pumpkin seeds raw green hulled () (pepitas)
- ☐ 2.8 teaspoons salt
- ☐ 1 tablespoon shallots minced
- ☐ 2 teaspoons sherry vinegar
- ☐ 1 tablespoon sugar
- ☐ 2.5 tablespoons butter unsalted
- ☐ 7.5 cups water
- ☐ 1.5 cups cornmeal yellow (not coarse)

Equipment

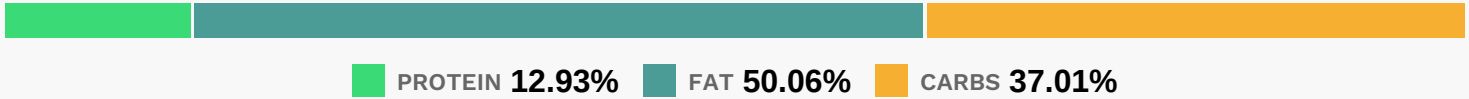
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ peeler

Directions

- ☐ Bring cornmeal, water, and 2 1/4 teaspoons salt to a boil in a 4-quart heavy saucepan, stirring constantly. Reduce heat and simmer, stirring frequently, until polenta is creamy and tender, about 50 minutes.
- ☐ Remove from heat, then stir in 1 1/2 tablespoons butter and cool slightly.

- ☐ Spoon polenta onto center of a lightly buttered large baking sheet, then spread evenly into a 10- by 7-inch rectangle (about 1/2 inch thick). Cover with plastic wrap, then poke several holes in wrap with a small sharp knife and chill 2 hours.
- ☐ Melt remaining tablespoon butter in a heavy saucepan over moderate heat. Stir in sugar, cumin, cinnamon, paprika, cayenne, and 1/4 teaspoon salt, then cook, without stirring, until caramelized.
- ☐ Add pumpkin seeds and cook, stirring occasionally, until seeds are puffed and golden.
- ☐ Transfer to a plate to cool. When seeds have hardened, break up any clumps with your fingers.
- ☐ Whisk together pomegranate juice, vinegar, and shallot and let stand 5 minutes.
- ☐ Whisk in 3 tablespoons oil, remaining 1/4 teaspoon salt, and pepper to taste.
- ☐ Preheat oven to 450°F.
- ☐ Cut pumpkin quarters crosswise into 1/2-inch-thick slices. Toss with 1 tablespoon oil and salt and pepper to taste in a shallow baking pan and arrange slices in 1 layer. Roast in middle of oven until just tender, about 20 minutes.
- ☐ Remove from oven, then cover with foil to keep warm.
- ☐ Trim polenta into a 9- by 6-inch rectangle.
- ☐ Cut polenta into 6 (3-inch) squares, then halve each square diagonally.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet until hot but not smoking, then cook polenta in 2 batches, turning once, until golden brown, about 8 minutes (if necessary, use remaining tablespoon oil for second batch).
- ☐ Transfer as cooked to a plate and keep warm, covered.
- ☐ Shave 12 strips from cheese with a vegetable peeler.
- ☐ Whisk vinaigrette, then toss arugula in a large bowl with enough vinaigrette to lightly coat.
- ☐ Place several pieces of pumpkin and 1 piece of polenta on each of 6 plates. Top with arugula, more pumpkin, and remaining polenta.
- ☐ Sprinkle with candied pumpkin seeds and top with parmesan shavings, then drizzle with remaining vinaigrette.
- ☐ • Polenta, spread on baking sheet and not yet fried, can be chilled up to 1 day. • Candied pumpkin seeds can be prepared 3 days ahead and kept in an airtight container at room temperature. • To juice a pomegranate, firmly roll it on a work surface until it feels softer, then cut a small hole in skin and squeeze.

Nutrition Facts



Properties

Glycemic Index:59.1, Glycemic Load:19.49, Inflammation Score:-10, Nutrition Score:28.673043676045%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 13.19mg, Kaempferol: 13.19mg, Kaempferol: 13.19mg, Kaempferol: 13.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 548.55kcal (27.43%), Fat: 31.48g (48.43%), Saturated Fat: 10.53g (65.81%), Carbohydrates: 52.37g (17.46%), Net Carbohydrates: 44.51g (16.19%), Sugar: 7.47g (8.3%), Cholesterol: 31.82mg (10.61%), Sodium: 1554.7mg (67.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.3g (36.59%), Vitamin A: 17415.66IU (348.31%), Vitamin K: 52.86µg (50.34%), Calcium: 488.14mg (48.81%), Manganese: 0.96mg (48.13%), Vitamin C: 38.8mg (47.03%), Phosphorus: 425.44mg (42.54%), Magnesium: 160.23mg (40.06%), Vitamin E: 4.88mg (32.53%), Fiber: 7.85g (31.41%), Vitamin B6: 0.54mg (26.95%), Potassium: 884.2mg (25.26%), Folate: 96.97µg (24.24%), Vitamin B1: 0.32mg (21.04%), Iron: 3.76mg (20.91%), Zinc: 2.89mg (19.29%), Copper: 0.37mg (18.41%), Vitamin B3: 3.29mg (16.43%), Selenium: 10.26µg (14.65%), Vitamin B2: 0.21mg (12.18%), Vitamin B5: 1.19mg (11.9%), Vitamin B12: 0.35µg (5.84%), Vitamin D: 0.23µg (1.53%)