

Creamy Polenta with Cherry Tomato Relish

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/CreamyPolenta.aspx>

Ingredients

- 6 cups cherry tomatoes
- Low fat cooking spray
- 1 tablespoon olive oil
- 1/4 cup shallots, sliced
- 1 1/2 tablespoons sugar
- 3/4 cup dry white wine
- 1 1/2 teaspoons salt, divided
- 1/4 teaspoon fresh ground pepper
- 2 cups 1% low-fat milk
- 1 cup dry polenta
- 1/2 cup shaved fresh Parmesan cheese

Instructions

1. Preheat oven to 425° F.
2. Spray a shallow roasting pan with low fat cooking spray.
3. Cut slits at bottom of each cherry tomato then place stem-side down in roasting pan. Bake at 425° F for about 20 minutes. Reduce heat to 375° and continue to bake for another 45 minutes. Remove from oven, cover with aluminum foil and let stand for about 10-15 minutes.
4. Heat olive oil in a large skillet over medium-high heat. Add shallots and sauté 5 minutes or until lightly browned.
5. Add white wine, reduce to medium-low heat and simmer 5 minutes.
6. Add 1/2 teaspoon of the salt and the pepper.
7. Remove from heat, stir in tomatoes, cover and set aside.
8. In a large saucepan, add milk and water and bring to a boil then remove from heat.
9. Gradually add dry polenta while stirring constantly with a whisk. Cover and cook for 2 minutes over medium-low heat.
10. Add 1 teaspoon salt, cover and let stand for 5 minutes or until polenta reaches a thick consistency, stirring occasionally.

Makes 8 servings

Nutrition information per serving

Calories: 184	Dietary Fiber: 3g
Total Fat: 5g	Sodium: 596mg
Saturated Fat: 2g	Protein: 7g
Cholesterol: 7mg	Carbohydrates: 25g



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