



## Walnut Rosemary Polenta with Tomato Mushroom Saute

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A delicious entree for vegetarians and meat-eaters alike. It can also be served as a side dish with or without the tomato mushroom sauté.



### INGREDIENTS

- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 medium onion, finely chopped
- 16 ounces white button mushrooms, wiped clean and sliced
- Salt and pepper to taste
- 2 garlic cloves, minced
- 1/2 cup white wine
- 1 tablespoon fresh rosemary
- 1 14-ounce can crushed tomatoes
- 2 1/2 cups canned low-salt vegetable or chicken stock
- 1 cup skim milk
- 1 cup yellow cornmeal or quick cooking polenta
- 1 tablespoon fresh rosemary
- 3/4 cup grated low-fat Cheddar cheese
- 3 tablespoons butter
- 1/2 cup California walnuts, toasted, finely chopped

### DIRECTIONS

1. In a large skillet, heat oil and butter over medium heat.
2. Add onion; cook, stirring often, until soft, about 5 minutes.
3. Add mushrooms; season generously with salt and pepper. Cover and cook until mushrooms release their juices, about 10 minutes.
4. Add the minced garlic. Uncover pan; raise heat to high.
5. Cook, stirring often, until liquid has evaporated and mushrooms are brown, 2 to 3 minutes.
6. Add wine, rosemary, and tomatoes.
7. Simmer until sauce has thickened, 10 to 15 minutes.
8. Meanwhile, make the polenta. In a large saucepan over high heat, bring stock and milk to a boil.
9. Reduce heat to medium, and very gradually, add cornmeal in a thin stream, whisking constantly until smooth.
10. Reduce heat to medium-low; simmer, whisking often, until thickened, 8 to 10 minutes.
11. Remove from heat and stir in reserved rosemary, cheese, butter, and walnuts. Salt and pepper to taste.
12. Serve the polenta topped with the tomato mushroom sauté.

<b>TOTAL TIME</b>	<b>55 MINS</b>
<b>COOK TIME</b>	35 MINS
<b>ACTIVE TIME</b>	20 MINS
<b>SERVES</b>	<b>8 PEOPLE</b>
<b>NUTRITION</b>	<b>300 CALORIES</b>
FAT	17g
SATURATED FAT	6g
MONOUNSATURATED FAT	5g
POLYUNSATURATED FAT	4g
CHOLESTEROL	20mg
SODIUM	250mg
CARBOHYDRATES	27g

DIETARY FIBER

3g

PROTEIN

9g

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