

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Baked Polenta with Mushroom Radicchio Sauté

Thank you [Marcia Kiesel](#) for the inspiration behind this recipe.

Creamy polenta gets a makeover from constant stove top stirring to hands-off in the oven.

When topped with sautéed crimini mushrooms and balsamic glazed radicchio and greens it becomes luxurious and satisfying.

- Serve Baked Polenta with Mushroom Radicchio Sauté for brunch, lunch or dinner.
- The balsamic vinegar adds a touch of acidity to balance the richness of the creamy polenta.
- And the corn kernels create brightness in each bite with their natural sweetness.
- For the creamiest polenta, timing is everything. Begin baking the polenta 1 hour and 15 minutes before you want to serve it.
- After the polenta has cooked for 65 minutes, begin sautéing the mushrooms.

Makes 6 servings

Active Time 35 minutes

Total Time 1 ½ hours

Ingredients

3 tablespoons olive oil, divided

¼ cup thinly sliced shallot

¾ pound Crimini mushrooms, cleaned, cut into 4ths or 6ths depending on their size *or* thickly sliced.

¾ teaspoon sea salt, divided

1 teaspoon dried thyme leaves *or* 2 teaspoons fresh

8 twists freshly ground pepper

8 ounces radicchio, quartered, cored, sliced 1 inch wide (4 ½ cups)

2 medium cloves garlic, pressed or minced

2 tablespoons balsamic vinegar

½ cup or less mushroom or vegetable broth

3 cups packed Power Greens mix of organic kale, chard and spinach

3-4 scallions, sliced on the diagonal (½ cup)

Salt and pepper to taste

Garnish

3 tablespoons chopped parsley

Instructions

1. Prepare all ingredients.
2. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add the sliced shallots and mushrooms. Toss them with ½ teaspoon salt, thyme and the freshly ground pepper. Cook about 7 minutes, stirring frequently, until the mushrooms are tender and the liquid has evaporated. Transfer them to a bowl.

3. Note: Sometimes, the mushrooms are tender but there is liquid left in the pan. If that happens, drain the mushrooms. Measure the amount of drained (and very delicious) liquid from the mushrooms. Then add only enough additional mushroom or vegetable broth to equal ½ cup.
4. Return the pan to the stove over medium-high heat. Add the remaining 1 tablespoon of olive oil. When hot add the radicchio and garlic. Sprinkle them with ¼ teaspoon salt. Stir fry the radicchio until just tender, about 2 minutes. Add the balsamic vinegar and toss to coat the radicchio. Stir in the greens and the broth. Cook 1 minute.
5. Return the mushrooms to the pan along with the scallions. Cook 1 minute, stirring until heated through.
6. Serve Baked Polenta with Mushroom Radicchio Sauté by placing a ladleful of creamy polenta on the bottom of each bowl or plate. Top with some of the mushroom/radicchio/greens mixture, including some of the broth. Garnish with chopped fresh parsley.

Creamy Baked Polenta with Corn and Goat Cheese

Polenta can be served soft and creamy or poured out onto a lightly-oiled baking pan and chilled. When firm, cut the polenta into triangles, rectangles or rounds for sautéing or grilling.

If you prefer, you can substitute grated pecorino cheese for the creamy goat cheese.

Makes 4-6 servings

Active time 10 minutes

Total time about 80 minutes

Ingredients

- 1 cup organic polenta
- 5 ½ cups water
- 1 ¼ teaspoons sea salt
- 2 tablespoons butter, divided
- ¾ cup fresh or frozen, defrosted corn
- 2 ounces soft goat cheese

Instructions

1. Heat the oven to 350 degrees. Whisk together the polenta, water and salt in a 2-quart baking dish. Put the uncovered dish in the oven and bake for 65 minutes.
2. Remove the polenta from the oven. With a rubber spatula, stir in 1 tablespoon of the butter. Taste the polenta.
 - If the grains are soft, stir in the corn and the goat cheese.
 - If the polenta grains are not quite soft, return the polenta to the oven to cook another 10 minutes. Then stir in the corn and cheese.
3. Baked Polenta can stay warm and creamy for another 10 - 20 minutes in a turned-off oven.
4. Then just before serving, stir in the remaining 1 tablespoon of butter and adjust the salt to taste.