



From the Kitchen of Executive Chef Jessica VanRoo

Polenta Squares with Sun-Dried Tomato and Walnut Tapenade

Serves 8

313 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Polenta is an often-overlooked grain that offers significant health benefits. It is naturally gluten free, high in fiber and lower in calories than other grain choices, such as rice and pasta.

Moreover, polenta is rich in carotenoids and other antioxidants that protect your eyes. As a complex carbohydrate, it also sticks with you longer and is more filling.

Total cost: \$7.75/\$0.97 per serving

Ingredients - Polenta

- 6 cups vegetable or chicken broth
- 2 cups polenta or yellow cornmeal (prepared polenta is also available)
- 1 ½ teaspoons salt, more to taste

Ingredients - Tapenade

- ¾ cup toasted walnuts
- ¼ cup sundried tomatoes in oil
- 2 tablespoons Italian parsley
- 2 tablespoons basil (or parsley)
- 1 tablespoon lemon juice
- 2 cloves garlic
- 1 tablespoon capers (optional)
- ¼ cup avocado or olive oil

Page 1



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Instructions

Polenta

1. In a pot, combine broth with polenta and salt.
2. Cook over low heat until the mixture has thickened, about 25-30 minutes, stirring often to prevent burning.
3. Line a standard half-sized baking sheet pan with parchment paper or grease with oil or butter.
4. Pour the polenta mixture onto the prepared baking sheet and spread evenly.
5. Refrigerate until firm, about 2-3 hours. Once set, cut the polenta into squares (makes about 22-25).
6. Preheat oven broiler, then place the baking sheet with polenta squares in the oven, broiling until browned. Flip squares to brown the other side. Total cooking time about 6-8 minutes.
7. Remove from broiler, allow to cool.

Tapenade

1. Combine all tapenade ingredients except cooking oil in a food processor. Blend mixture while slowly drizzling in the oil. Taste and adjust the seasoning as needed.
2. Place a dollop of tapenade on each polenta square and serve.