

Mushroom and Asparagus Polenta

Serves 4

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In 40 minutes you can create a delicious and spring-inspired dinner with only 8 ingredients (not counting water, salt and pepper)! While you wait for your water to boil for the polenta, start prepping the veggies for the sauté. Once the water is boiling, pause from your prep to add the polenta to the boiling water. The polenta needs 30 minutes to cook and the veggies only need about 13 minutes.

Suggested Cookware:

- dutch oven pot (cast iron enameled)
- large skillet with diameter of over 12 inches

INGREDIENTS

- 12 oz mushrooms - your choice of type, or a mixture - sliced 1/4" thick
- 1 large bundle of asparagus, 1" pieces sliced on diagonal
- 1 large red onion, sliced
- 3 cloves garlic, minced
- Fresh thyme
- 2 T balsamic vinegar, plus a drizzle for serving
- 1 cup cornmeal or polenta (not quick polenta!)
- 1.5 T nutritional yeast (optional)
- 2 tsp sea salt, divided

DIRECTIONS

1. In a large pot with lid, add 4 cups of water and 1 tsp sea salt. Cover and place over high heat to bring to a boil.
2. Meanwhile, prep onions and garlic. Remove any woody stems from mushrooms and asparagus. Slice mushrooms 1/4" thick and slice asparagus into 1" pieces on diagonal.
3. Once water is boiling, slowly pour 1 cup of polenta/cornmeal into water while whisking continuously with your other hand. Then whisk for another 2 minutes until it's thickened a bit and bubbling. Turn heat to the lowest setting where polenta is just barely bubbling. Cover with lid. Every 5-10 minutes, stir to make sure polenta isn't sticking to the bottom of the pot. Cook for a total of 30 minutes. Keeping the pot covered during cooking prevents it from drying out so you don't have to stir it continuously.

4. Heat your largest skillet over medium heat. Add the onions and garlic plus 2 tablespoons of water. Stir occasionally for 3 minutes.
5. Add mushrooms, 1/2 cup of water, 1 teaspoon sea salt, and freshly ground black pepper. Stir to combine. Every so often, stir to make sure they aren't sticking to the pan. Add a little more water if they start to stick. Cook 5 minutes.
6. Add in the asparagus. Cook for 3 minutes. Again, if things are sticking to your pan, throw in a couple of tablespoons of water until they loosen up.
7. Add in 2 tablespoons balsamic vinegar and the thyme. Stir to combine. Cook 1 minute.
8. After 30 minutes are up on the polenta, stir in nutritional yeast, if using.
9. To serve, place polenta in your bowl and top with veggies. Drizzle with additional balsamic vinegar and fresh thyme leaves.