

Wild Mushroom Polenta with Goat Cheese

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The Parmesan combined with the goat cheese gives this Italian favorite extra richness. Wild mushrooms are yummy, but button mushrooms will work, too.

PREP: 25 MINUTES COOK: 20 MINUTES

- 3 TBSP. OLIVE OIL
- 3 SHALLOTS, FINELY CHOPPED, OR 1/4 CUP FINELY CHOPPED ONION
- 2 CLOVES GARLIC, MINCED
- 2 CUPS FRESH ASSORTED WILD MUSHROOMS (TOUGH STEMS REMOVED) OR CREMINI MUSHROOMS, SLICED
- 3 CUPS REDUCED-SODIUM CHICKEN BROTH
- 1 1/2 CUPS MILK
- 1/2 TSP. SEA SALT
- 1 CUP POLENTA (YELLOW CORNMEAL)
- 2 TSP. SNIPPED FRESH THYME
- 1/4 TSP. GROUND BLACK PEPPER
- 1/4 CUP FINELY SHREDDED PARMIGIANO-REGGIANO CHEESE (PARMESAN)
- 1 TBSP. BUTTER
- 4 OZ. SOFT GOAT CHEESE (CHÈVRE)
- SEA SALT AND GROUND BLACK PEPPER
- SNIPPED FRESH THYME

In a large skillet heat the oil over medium heat. Cook and stir shallot and garlic in hot oil until tender. Add mushrooms. Cook and stir until tender and lightly browned. Add broth, milk, and 1/2 teaspoon salt. Bring to boiling.

In a medium bowl combine polenta, 2 teaspoons thyme, and 1/4 teaspoon ground black pepper. Slowly add the cornmeal mixture to the boiling broth mixture, stirring constantly. Cook and stir until the mixture returns to boiling. Reduce heat to medium-low. Cook for 20 minutes or until the mixture is very thick, stirring occasionally. Remove from heat. Stir in Parmesan cheese and butter. Dollop with goat cheese and stir just until combined. Season to taste with additional sea salt and ground black pepper. Sprinkle with additional fresh thyme. Serve immediately. Makes 8 side-dish servings.

Per serving: 202 cal., 12 g fat (5 g. sat. fat), 16 mg chol., 445 mg sodium, 17 g carbo., 1 g fiber, 8 g pro.