

Polenta with Portobello Mushrooms and Asparagus

1 18 oz pre-cooked polenta chub, cut into 8, 1" thick slices
2 tsp olive oil, plus 1 Tablespoon
2 tsp dried oregano
2 tsp dried rosemary
2 Portobello Mushroom caps, washed and patted dry
½ lb Asparagus, washed and bottoms removed
2 oz goat cheese
Pepper
Salt (optional)
1 cup no salt added canned tomato sauce

In a medium sauté pan, heat 2 tsp olive oil. Add slices of Polenta to pan. Coat polenta evenly with oregano and rosemary. Cook until golden brown, about 5 minutes each side. Meanwhile, in separate pan or griddle, heat 1 Tbsp olive oil. Add Portobello Mushrooms and asparagus. Cook 8 minutes or until Portobello mushrooms are soft (4 minutes each side) and asparagus is slightly crunchy. Place 4 slices polenta on each plate. Evenly distribute goat cheese on top of each slice. Next, add Portobello mushroom, then asparagus. Salt and pepper to taste. Top with heated tomato sauce and serve.

Serves 2.

Calories 290 Fat 11g Carbohydrate 35g Dietary Fiber 7g Protein 12g Sodium 150mg