

# Greens, Beans and Polenta



It's said that the Roman Legions lived on polenta. Use this ancient, cooked dish tonight as a base for your dinner of greens. The finish of homemade low-sodium mango salsa really tops this plate off with a flourish.

Making polenta takes no more time than cooking rice and It's worth every second. And, you'll have leftover polenta to use later in the week.

**Preparation Time: 45 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add. Prep items in all boxes today. Prep 2 cloves of garlic: 1 whole clove for the salsa and 1 chopped clove for the greens. You'll prep a total of 1-1/3 C. of chopped onion: 1/3 C. in the salsa, 1/2 C. in polenta and 1/2 C. in greens.

### Low-sodium Tomato Salsa

juice from one-half lime  
1/3 C. onion (chopped)  
1 small clove garlic (whole/skin removed)  
1/2 jalapeno pepper (seeded/coarsely chopped)  
1 Anaheim pepper (seeded/coarsely chopped)  
1/4 C. cilantro leaves (coarsely chopped)  
pinch of salt

one 15 oz. can no-salt chopped tomatoes

### Mango Salsa:

1 C. Low-sodium tomato salsa (above)  
1-1/2 C. fresh mango pieces (chopped)

### Polenta

1 tsp. olive oil  
1/2 C. onion (chopped)  
3 C. water  
  
1 C. polenta  
mixed with  
1/2 C. cold water  
  
1/2 C. frozen corn  
3 T. Parmesan cheese

### Sautéed Greens

1 tsp. olive oil  
1/2 C. low-sodium veggie broth  
1 tsp. soy sauce  
2 T. balsamic vinegar -  
1 clove garlic (smashed and chopped)  
1/2 C. onion (chopped)  
2 tsp. chili powder  
1 tsp. oregano leaves  
1 tsp. honey  
1 bunch of chard (stems and leaves chopped separately)  
  
one 15 oz. can pinto beans (drained and rinsed)  
juice from 1/2 of a lime  
  
a grating of sharp cheddar cheese for each serving.

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Tonight you'll serve soft polenta with the greens. Store the leftover polenta in an oiled 9" covered cake pan in the fridge. You'll grill it later in the week.

### Low-sodium Tomato/Mango Salsa

#### If making by hand:

Chop all ingredients as indicated and combine in a medium-sized bowl. Stir in diced tomatoes and let stand.

#### If using a food processor:

Chop all items except diced tomatoes in food processor until finely chopped. Add diced tomatoes and pulse a couple of times to mix.

#### To make Mango Salsa:

Measure chopped mango into a bowl. Mash lightly with a potato masher. Stir in 1 C. of the Low-sodium, Tomato Salsa and set aside.

### Polenta

1. Sauté chopped onion in olive oil in bottom of a deep saucepan. Sauté until onion is translucent.
2. Add 3 C. water and bring to a boil.
3. Mix polenta with an additional 1/2 C. cold water. Slowly whisk polenta into boiling water to avoid lumps. Once blended in pan, reduce heat to low and cook 20 minutes, stirring often. Set a timer. When timer sounds, stir in frozen corn and Parmesan. Turn off heat, cover and leave on burner.

### Sautéed Greens and Plate the Meal

1. Measure oil into deep sauté pan with broth, soy sauce and vinegar. Turn heat to medium-high and bring to boil. Add garlic, onion, spices, honey and chopped chard stems.
2. Sauté 10 minutes over medium heat.
3. Add chopped chard leaves and beans to cooked stems. Toss another 2-minutes and remove from burner. Drizzle greens with lime juice and toss again.
4. Stir polenta again and measure about 3/4 C. soft polenta onto each plate, making a ring with an open space. Spoon 1/2 of the greens into center of polenta on each plate. Top with 1/2 C. fresh salsa.
5. Garnish each serving with a few gratings of sharp cheddar cheese. Oh so tasty!

### What I've Learned from this Recipe

I try to use all of the greens, including the stems, when cooking them as a main dish. The stems require more cooking time. Ten minutes of cooking usually does the trick before you add the chopped leaves.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)

