

Lunch | Dinner

Savory Polenta with Rosemary Mushrooms

5 Mins
Prep Time

20 Mins
Cook Time

4-6
Servings

≡ 507 Calories 15g Fat 58g Carbs 27g Protein



Ingredients

👤 4-6 Servings ⌚ 25 Mins Total Time 🚫 Allergens: Dairy, FODMAPs, Soy

4 Cups Chicken Bone Broth

1½ Cups Coarse-Ground Polenta

2 Tsp Salt, more to taste

(2) 6 oz Packages of Mushroom Medley 🍷

1 Tbsp Rosemary, minced 🍷

¼ Cup Parmesean Cheese, optional

¼ Cup Soy Butter, or butter alternative

2 Cups Shredded Chicken, optional

Allergen Swap

Dairy Parmesan cheese contains trace amounts of lactose, but can be replaced with nutritional yeast or omitted

FODMAPs Omit mushrooms, replace with green beans

Soy Omit soy butter and replace with olive oil

Nourishment Note



🍷 Mushrooms

There are a variety of mushrooms with different health benefits unique to each variety, but all mushrooms contain B vitamins that provide energy and soluble fiber to help with heart health.



🍷 Rosemary

Research shows rosemary, a type of herb, has anti-inflammatory properties. It also may help to improve digestion and increase immune function.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Heat Broth

In a medium-sized sauce pan, heat chicken bone broth over medium-high heat.

3. Add Polenta

Slowly add polenta, and turn heat to low. Cook, stirring frequently for 20 minutes. (Polenta can also be soaked in water overnight, drained and then cooked in broth for 10-15 minutes for a quick-cooking grain dish.)

4. Stir in Butter

Once polenta appears creamy stir in butter and parmesan cheese, if desired. Season to taste with salt and pepper.

5. Sauté Mushrooms & Cook Chicken

Meanwhile in a large skillet heat 2 tablespoons olive oil in a large skillet. Add mushrooms. Sauté until golden brown. Add rosemary and chicken. Season with salt and pepper to taste. Cook until heated through.

6. Plate Polenta

Spoon polenta in serving dishes and top with seasoned mushrooms.

7. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Medium-Sized Saucepan



Wooden Spoon



Medium-Sized Skillet



Spatula

Remission Remix

- For an added treat, top polenta with a dollop of ricotta cheese.