



Polenta with Mushrooms, Tomatoes, and Pine Nuts

Author: [Sarah](#) Prep Time: 10 Cook Time: 25 minutes Total Time: 35 minutes

Yield: 4 servings

Ingredients

SCALE

For the Mushrooms, Tomatoes, and Pine Nuts

4 tablespoons extra virgin olive oil, divided

4 cups sliced baby portobello mushrooms

4 cups whole cherry tomatoes

1/2 cup pine nuts

1/4 teaspoon kosher salt

For the Polenta

2 tablespoons extra virgin olive oil

1 large shallot, diced

4 cloves garlic, minced

1/2 teaspoon kosher salt

1/8 teaspoon black pepper

1 cup dry polenta

4 cups vegetable stock, room temperature

Fresh chopped parsley for garnish

Instructions

Prepare all ingredients and 2 pans, 1 medium skillet and 1 saucepan or dutch oven.

For the Mushrooms, Tomatoes, and Pine Nuts

In a medium skillet over medium heat, add 2 tablespoons olive oil, mushrooms and tomatoes.

Saute for 15 minutes, shaking the pan occasionally.

When the mushrooms have started to caramelize and the tomatoes start to burst, add the pine nuts and salt, and toast for an additional 5 minutes.

For the Polenta

While the other pan is working on the veggies, heat the saucepan or dutch oven over medium heat. Add olive oil, shallots, garlic, salt, and pepper.

When the shallots are translucent (about 1 minute), add the polenta and stir to mix with the shallots for about 30 seconds.

Whisk in the stock, 1/2 cup at a time. When the polenta absorbs the liquid, add more until the stock is gone and the polenta is rich and creamy – about 25 minutes.

If the polenta starts to bubble up, reduce the heat slightly to keep it from popping.

If your polenta sits for a minute, it might firm up, just thin it out with a little more stock.

Serving

Divide the polenta into 4 bowls and top with mushroom and tomato mixture.

Drizzle 1/2 tablespoon olive oil over each serving and garnish with chopped fresh parsley.

Notes

- ⁱ You could also use a small amount of unsweetened plant based milk to enhance the creaminess of your polenta.
- ⁱ Adding rinsed, drained canned white beans to the skillet at the same time as the pine nuts will add extra protein and fiber to this dish.

Find it online: <https://sarahpflugrad.com/2022/02/polenta-with-mushrooms-tomatoes-and-pine-nuts/>