

GARLICKY SPINACH AND CHICK PEAS over CRISPY POLENTA SQUARES

INGREDIENTS:

Polenta:

- 1 cup polenta
- 2 1/2 cups veggie stock
- 1 shallot, small dice
- 1/2 cup sun dried tomatoes, medium dice
- 1/4 cup mushrooms, small dice
- 1 Tbsp. garlic, minced
- Salt, to taste

Garlicky Spinach and Chick Peas:

- 1/4 tsp. red pepper flakes
- 1/4 cup sunflower seeds
- 1 cup chickpeas cooked
- 1 bag baby spinach
- 1 Tbsp. garlic, minced
- 1 Tbsp. extra virgin olive oil
- Lemon wedges, for garnish
- salt, to taste

PROCEDURE:

1. Line sheet tray with parchment paper.
2. Heat saute pan over medium heat. Add stock. When hot, it will simmer. Add shallot and sweat. Then add sun dried tomatoes. Saute until slightly soft. Add mushrooms, garlic and a pinch of salt. When garlic is fragrant, remove from heat and transfer to a bowl.
3. In a pot, bring veggie stock to a boil. When boiling, pour polenta in a steady stream while stirring constantly. When it comes together, add tomato mushroom mixture and stir to combine.
4. Pour polenta onto parchment lined sheet tray in a thin layer. Put in fridge to cool.
5. Heat oven to 350 degrees F.
6. When polenta is cool, cut into 2"x2" squares. Reline sheet tray with parchment. Put some polenta squares on sheet tray leaving room in between. Bake for 10 minutes on each side.
7. While polenta is cooking, heat saute pan over medium heat. When hot, add oil and heat for 30 seconds. Add red pepper flakes, sunflower seeds and a pinch of salt and heat for one minute. Add spinach and combine with red pepper flakes and sunflower seeds. When nearly wilted, add chickpeas and garlic. Remove from heat.
8. Place crispy polenta square in the center of a plate. Top with garlicky spinach and chick peas. Serve warm.

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