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Simply Seasonal

Raab & Chickpea Polenta

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Raab & Chickpea Polenta

Ingredients:

2 T. olive oil, divided
1 clove garlic*, minced
3 cups vegetable stock or water
1 t. salt
1 c. polenta*
1 t. red pepper flakes
½ onion* or 2 large leeks*, cut in half and sliced
2 medium bunches raab* (kale, sprouting broccoli, mustard, arugula, etc.)
2 c. cooked chickpeas*
juice of ½ lemon
pinch of salt

1. Heat 1 T. oil in a medium-sized saucepan with the minced garlic. As the garlic starts to sizzle, add stock or water and salt. Bring to a boil. Gradually whisk in the polenta. Reduce the heat and simmer gently, stirring frequently to prevent sticking until the mixture is very thick, about 30 minutes. Add additional salt to taste.
2. Chop the longer stems of the raab into 1-2-inch pieces. Slice the leaves and florets into 3-4 inch pieces and set aside.
3. In a medium-sized pan, toast the red pepper flakes for 30 seconds over med. heat. Add the remaining 1 T. olive oil and onion and cook over low-medium heat until they begin to caramelize.
4. Add raab stem pieces and garlic and cook 2 minutes, without stirring. Add chickpeas, lemon juice, and salt to taste. Stir.
5. To serve spoon polenta into individual bowls and top with raab.

*can be found locally

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