

Acorn Squash Polenta

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6-8 servings

Ingredients

1 large acorn squash, halved and seeded
2 tablespoons olive oil
1 tablespoon water
4 cups chicken broth
1 (12-ounce) can light coconut milk
1 ½ cups stone ground polenta (not instant)
1 stick unsalted butter
1 teaspoon salt
½ teaspoon ground ginger
½ teaspoon ground cinnamon
¼ teaspoon nutmeg
¼ teaspoon ground turmeric
¼ teaspoon ground black pepper
Sage leaves for garnish



*Photo credit: Edward Lynch '20,
Stephen Spencer-Advisor,
JWU Student Food Photography Club*

Method of Preparation:

1. Preheat oven to 375 degrees. Place squash, cut side down, on a foil-lined baking sheet that has been drizzled with the olive oil. Move the squash halves around a bit to coat the cut sides with the oil. Roast 30-40 minutes or until easily pierced on the skin side with a knife.
2. Scoop out the flesh of the squash and puree with one tablespoon water until smooth. Set aside.
3. Meanwhile, bring chicken broth to a simmer. Add coconut milk and return to a simmer. Gradually whisk in polenta to avoid clumping. Reduce heat, and simmer, stirring often, until it begins to thicken. Cook about 15 minutes or until the polenta is tender. Stir the squash puree into the polenta and season to taste with salt.
4. In a medium saucepan, melt butter until it begins to turn golden brown and has a nutty aroma. Stir in spices; remove from the heat, and let cool about 5 minutes.
5. Ladle the polenta into a large serving bowl and drizzle with the spiced brown butter. Garnish with sage leaves and serve immediately.

Chef's note: Serve as a side, or topped with sliced chicken, fish, beef, or vegetable medley to make a complete meal.

Nutritional Analysis:

Calories: 310
Carbohydrates: 32 g
Sodium: 340 mg
Protein: 5 g
Fat: 18 g
Fiber: 4 g

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10.21.16 “Autumn Vegetables”