



BLACKENED ASPARAGUS WITH CREAMY SPINACH POLENTA

Recipe by Natural Gourmet Institute

SERVES 4-6

Blackened Asparagus

1 pound asparagus*
½ teaspoon ground thyme
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon sweet paprika
¼ teaspoon sea salt
Pinch black pepper
2-3 tablespoons olive oil

Spinach Polenta

1 cup polenta*
½ teaspoon sea salt
3 cups water, divided
1 bunch baby spinach*
4 ounces goat cheese*

For Asparagus:

1. Trim off and discard bottom ends of asparagus.
2. Mix together ground thyme, garlic powder, onion powder, sweet paprika, sea salt, and black pepper. Toss asparagus with spice blend and olive oil.
3. Heat skillet over medium-high heat. Add asparagus to hot skillet, cooking until tender and nicely browned, stirring often, about 7-10 minutes (5-7 minutes for skinnier asparagus).

For Polenta:

4. In a medium pot, combine polenta, sea salt, and 2 cups of water. Bring to a boil, stirring constantly, over a high heat. Once thick, add remaining 1 cup of water, ounces at a time, stirring well to mix thoroughly. Simmer 20-30 minutes, stirring frequently.
5. Stir in spinach until wilted, about 5 minutes. Fold in crumbled goat cheese. Serve with blackened asparagus.

Make it a meal: Serve with a poached egg and crusty whole grain bread.

****Ingredients available seasonally at your neighborhood Greenmarket***

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