

Spring Poletna with Radishes & Garlic Scapes

Time 40 minutes

Based on recipe by: Jeanine Donofrio

Ingredients (4 servings)

3 cups water
1 cup polenta
1 garlic clove
2 tablespoons olive oil (or butter)
1/4 cup of parmigiana reggiano
8-10 radishes
29 oz can of chickpeas
4 garlic scapes
2 cups broccoli
sprouts
salt & pepper



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. In a saucepan bring water to a boil over medium-high heat. Add a few pinches of salt and whisk in polenta, bring back to boil, then reduce to low and cook whisking often for 20-30 minutes.
2. Mince garlic and chop radishes in half. Cut broccoli florets off stem, then halve the florets.
3. In large skillet heat olive oil over medium heat. Add radishes and rinsed chickpeas, season with salt and pepper, and cook for 5 minutes.
4. Add garlic scapes and broccoli and cook until vegetables are tender but still a little crunchy, about 5 minutes.
5. Once the polenta is cooked, whisk in olive oil (or butter), parmigiana, garlic, and a couple pinches of salt.
6. Spoon polenta into bowls and top with vegetables, garnish with radish sprouts.