

three cheese polenta with swiss chard & candied pepitas



INGREDIENTS

Low-Sodium Chicken/Vegetable Broth	28 fl oz
Water	28 fl oz
Sea Salt, divided	1 tsp
Swiss Chard or Tuscan Kale	$\frac{3}{4}$ lb
Olive Oil	1 tbsp
Unsalted Butter	2 tbsp
Garlic Cloves, finely chopped	$\frac{1}{2}$ oz
Onion, finely chopped	6 oz
Parmigiano-Reggiano Cheese, grated	2 oz
UpSides Three Cheese Polenta Rounds , thawed	15 each
Fresh Ground Black Pepper	to taste
Pumpkin Seeds (Pepitas), toasted and candied	if desired
Balsamic Glaze	if desired

Recipe Yield = 15 Servings (4 $\frac{1}{2}$ oz each)

PROFIT STORY

Suggested Menu Price	\$3.15
Total Food Cost Per Serving	\$0.84
Gross Profit Per Portion	\$2.31
Food Cost %	26.67%

RECIPE METHOD

1. Bring broth and water to a boil with $\frac{3}{4}$ tsp sea salt in a 3- to 4- quart saucepan.
2. Cut the stems and center ribs from chard and discard.
3. In batches, stir the chard into the broth and simmer, stirring occasionally, until tender, 5 to 10 minutes. Carefully remove from heat with tongs, drain well and allow to cool slightly before roughly chopping.
4. Add 1 tbsp olive oil and 1 tbsp butter to a sauté pan and sauté together garlic and onion.
5. Stir in the chopped chard together with the Parmesan and remaining tbsp of butter and cook, stirring, until heated through and the butter is melted, about 1 minute. Season with the remaining sea salt and pepper to taste.
6. Preheat a griddle (medium-high heat). Remove the **UpSides Three Cheese Polenta Rounds** from the packaging; brush both sides with oil.
7. Place on the griddle. Griddle until the polenta is golden brown, about 3 minutes per side.
8. Spoon 1 oz or 2 tbsp chard mixture atop each grilled Three Cheese Polenta Round, sprinkle with candied pumpkin seeds, if desired.
9. Drizzle each plate with balsamic glaze, if desired. Serve warm.