



# Creamy Polenta with Mushrooms and Goat Cheese

*By Chef Dave Bland*

*Ingredients:*

*2 Servings*

- 8 oz water
- 16 oz heavy cream
- 8 oz polenta
- 1 T chopped rosemary
- Salt and pepper
- 3 oz Parmesan cheese
- 2 portobello mushrooms,  
roasted with oil in oven until soft
- 4 oz goat cheese, crumbled
- 2 oz extra virgin olive oil



**Directions:** Allow water and cream to come to a boil. Next add polenta and whip until smooth. Turn down heat and stir occasionally with a spoon. Finish polenta with herb seasoning and cheese. Spoon the polenta into a dish and top with mushrooms and goat cheese and drizzle with extra virgin olive oil.

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Amount Per Serving	
<b>Calories</b>	739.2
<b>Total Fat</b>	62.1 g
Saturated Fat	39.7 g
Polyunsaturated Fat	2.2 g
Monounsaturated Fat	16.9 g
<b>Cholesterol</b>	210.3 mg
<b>Sodium</b>	682.3 mg
<b>Potassium</b>	735.9 mg
<b>Total Carbohydrate</b>	27.8 g
Dietary Fiber	4.1 g
Sugars	3.6 g
<b>Protein</b>	20.8 g

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