

Creamy Polenta with Forest Mushrooms

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/camembert-cheese-recipe-christmas>

Ingredients:

- 4 cups milk low-fat or soy milk if you wish
- 1 teaspoon crushed dried sage leaves
- 1 clove garlic finely minced
- 1 cup polenta fine
- 1 cup heavy cream
- 3 tablespoons unsalted butter
- 1 pound mushrooms cut into bite-sized pieces
- 1 sprig fresh thyme
- 4 large eggs duck or chicken
- camembert
- 5 1/2 ounces wheel pasta
- chopped fresh chives to garnish,, optional

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 345 milligrams
4. Fat: 45 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 26 grams
8. Sodium: 310 milligrams
9. Sugar: 17 grams

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