

Polenta with Spring Vegetable Ragout

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-peas>

Ingredients:

- 4 cups vegetable broth light, or water
- 1 teaspoon salt
- 1 cup polenta cornmeal
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons extra-virgin olive oil
- 1 garlic clove minced
- 1 bunch green onions trimmed and cut on the diagonal into 2-inch pieces
- 8 baby carrots about 4 ounces, trimmed and cut in half lengthwise
- 6 radishes about 4 ounces, trimmed and cut into quarters
- 1/2 cup vegetable broth light, or water
- 1/2 teaspoon salt
- 8 ounces asparagus trimmed and cut on the diagonal into 2- to 3-inch pieces
- 8 ounces peas shelled, fresh or frozen
- 1 tablespoon flat-leaf parsley each coarsely chopped, chives, and tarragon
- 1 teaspoon lemon zest
- ground black pepper
- salt
- olive oil optional
- herbs optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 31 grams
3. Fat: 21 grams
4. Fiber: 11 grams
5. Protein: 8 grams
6. SaturatedFat: 3.5 grams

7. Sodium: 2160 milligrams

8. Sugar: 9 grams

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