

Caramelized Onion and White Bean Sauce Over Polenta

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Palm Beach Post

Servings: 4

1 cup coarse cornmeal
4 cups cold water
2 tablespoons butter
2 onions
1/2 cup canned white beans (cannellini), with some of its packed water
1/8 cup creme fraiche
salt (to taste)
freshly ground black pepper (to taste)

For the polenta: In a saucepan, combine the cornmeal and water. Bring to a boil over medium heat. Reduce the heat to low. Cook the polenta, stirring often, until thickened, about 30 minutes. Season to taste with salt and pepper.

Pour the polenta into an oiled baking pan or sheet and refrigerate until firm, about 2 hours.

Melt the butter in a skillet over low-medium heat. Add the onions and saute', stirring regularly, for about 20 minutes.

Add the beans, creme fraiche, salt and pepper. Stir until heated through, about 5 more minutes.

To serve, cut the polenta into individual portions and grill, broil or heat in a 350 degree oven until warm.

Spoon the sauce over the heated polenta.

Per Serving (excluding unknown items): 91 Calories; 8g Fat (75.1% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 70mg Sodium. Exchanges: 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.