



# Pesto Polenta Triangles, Balsamic White Beans with Cherry Tomatoes

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## Pesto Polenta Triangles-

### Ingredients:

- 2C Water
- 3/4C Polenta
- 1/2t Salt
- 1/4C Non-dairy Milk (unsweetened)
- 1T Nutritional yeast
- 1/4C Sundried tomatoes (oil-packed or dried + reconstituted in hot water)
- 1 1/2T Pesto

<http://coconutandberries.com/2013/09/23/pesto-polenta-triangles-balsamic-beans-tomatoes-basil/>

**Serves:** 2-3

### Method:

Bring the water to a boil in a medium-size pan. Add the polenta and salt and turn the heat down, it might splutter so be careful! It will start to thicken quickly so whisk vigorously to avoid lumps.

If you're using regular polenta, stir to thicken for 5-10 minutes then add the remaining ingredients. If using instant polenta it will only need about 2 minutes to thicken up.

When all ingredients are incorporated and the mixture is very thick, pour into a lightly oiled container, smooth out top and leave to cool. Refrigerate for at least an hour.

Cut polenta into 6 equal triangles (or shape of your choice). Heat a pan over high and add a drizzle of olive oil. Pan-fry polenta triangles for approx 3 minutes on both sides until crisp.

## **Balsamic White Beans with Cherry Tomatoes + Basil:**

### Ingredients:

- 1/2T Olive oil

- 1/2 Red onion, diced small
- 1 Clove of garlic, minced
- 1/4t Dried thyme (optional)
- 125g/4oz Cherry tomatoes
- 1 1/2C/1 Can cooked white beans
- 2T Balsamic vinegar
- 10 Basil leaves, chiffonaded
- Salt + pepper

**Serves: 2-3**

**Method:**

Heat olive oil in a large pan over medium-high. Cook red onion for a few minutes until soft, add garlic and thyme and sauté for another minute. Add Cherry tomatoes and continue to cook until beginning to collapse. Finally add white beans and balsamic vinegar and cook until warm through and the balsamic has reduced. Stir through basil, season with salt and pepper and serve