



Department of Genetics and Genomic Sciences
Icahn Institute for Genomics and Multiscale Biology

METABOLIC NUTRITION PROGRAM

Warm Polenta Zucchini Salad- 4 servings

Adapted from www.LHJ.com

Per Serving: 206 Calories, 5.0 gm Protein, 15.7 gm Fat, 13g Carbohydrates

- 2 zucchini
- 3.5 Tablespoons extra-virgin olive oil
- 8 oz prepared polenta, cut into 3/4-inch cubes
- 2 Tablespoons red wine vinegar
- 1 Tablespoon chopped oregano
- ½ teaspoon sugar
- ½ teaspoon kosher salt
- 5 cups mixed salad greens
- 1/3 cup crumbled blue cheese

Directions

1. Cut zucchini in half lengthwise, then on the bias into 1/4-inch slices and sprinkle with salt and pepper. Heat 1/2 tbsp oil in a large nonstick skillet over high heat and add zucchini. Cook, stirring, until just golden, about 2 min. Remove zucchini and set aside. Reduce heat to medium and add polenta cubes to skillet. Cook, stirring, until just heated through, about 4 min.
2. Whisk together vinegar, oregano, sugar, salt and remaining 3 tbsp olive oil. In a large bowl, toss half the vinaigrette with the greens, zucchini and polenta. Arrange on a platter and sprinkle with blue cheese. Serve with remaining vinaigrette.

Makes 4 servings.

Nutrition Facts	
Serving Size: 1 serving (185.6g)	
Servings: 1	
Amount Per Serving	
Calories 210	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 820mg	34%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	10%
Sugars 3g	
Protein 5g	
Vitamin A 10%	• Vitamin C 8%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2000 calorie diet.	