

# Polenta Soup

## Ingredients

- 3 tablespoons extra-virgin olive oil, plus more to serve
- 2 large shallots peeled and minced
- 1-2 tablespoon herbs de Provence
- 1-2 teaspoon Aleppo pepper or pinch of red chili flakes.
- 4 quarts veggie broth
- Kosher salt and ground black pepper to taste
- 1 cup coarse stone ground yellow cornmeal
- 1 can rinsed and drained white beans
- 1 bunch lacinato kale, stemmed, leaves torn into rough 1-inch pieces
- 1 bunch of fresh spinach, stems removed, washed and chopped
- 4 ounces Vegan Parmesan cheese, finely grated

## Directions

1. In a large pot, heat the oil until shimmery. Add the shallots, pepper and herbs.
2. Cook, stirring, until the shallots are tender.
3. Add broth, when simmering, whisk in the polenta.
4. Reduce to low and cook, uncovered and stirring occasionally and scraping the bottom of the pot to prevent sticking, for 15 minutes.
5. Stir in the kale, cooking until both the kale and polenta are tender, about 5 minutes. Add spinach, beans and Vegan Parm.
6. Season to taste with salt and pepper. Serve with drizzled with oil and sprinkled with more cheese.

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# Roasted Spiced Cauliflower & Chickpeas

Here's my take on another Melissa Clark recipe that will warm your heart and fill your tummy.

There are a few steps to get these veggies to the oven, but then it's pleasantly hands-off until dinner. I discovered that there is just enough baking time to get a short walk in before the winter sun has set.

## Ingredients to Roast

- Kosher salt, as needed
- 1 lemon, thinly sliced and seeded
- 1 large head of cauliflower, cut into bite-size pieces
- 1½ cups of halved cherry tomatoes
- 1-2, seeded and thinly sliced jalapeños
- Extra-virgin olive oil, as needed
- 1 teaspoon cumin seeds
- 2 TBL tomato paste
- A splash of hot sauce of your choice
- 1 teaspoon ground turmeric
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 can of rinsed, drained, and blotted dry chickpeas
- 6 small to medium red potatoes quartered

## Sauce

- 1 cup plain whole-milk yogurt (or substitute soy, nut or coconut milk yogurt)
- 1 cup of freshly chopped herbs- your choice

- 1 finely minced shallot or a few scallions
- 1 cup of plant-based yogurt
- Juice from 1 small lemon
- Salt to taste

## Directions

1. Position racks in the top and bottom thirds of the oven and heat to 425 degrees.
2. Prepare two baking sheets with parchment paper.
3. Bring a small pot of heavily salted water to a boil. Add lemon slices and simmer until softened, about 5 minutes. Drain, pat dry with a clean kitchen towel, and cut slices into quarters.
4. While the oven preheats, prepare yogurt sauce, and salt to taste, and set aside.
5. On the first baking sheet, toss cauliflower, tomatoes, and jalapeños with salt and oil according to your preference. Add lemon slices and place on the bottom rack of the oven.
6. Prepare a mixture of spices, tomato paste, hot sauce, and a few splashes of olive oil. Toss in a bowl with quartered potatoes and chickpeas. Sprinkle with sauce and add to the second baking sheet.
7. The combined baking time will be 35-45 mins depending on the size of the cauliflower and potatoes.
8. When fork tender, remove from oven and gently combine on a single serving platter.
9. Serve with yogurt sauce and extra hot sauce if desired.

Enjoy!