



Seitan And Polenta Skillet With Fresh Greens

Epicurious | November 2011

by Nava Atlas

~~Vegan Food~~ Caravan Food is one of the restaurants where my family likes to eat when we're in New York City. It's a funky, comfortable place in the East Village, with food that's hearty and innovative (and all vegan). Once, my younger son ordered the Green Garden Platter, described as "seasonal mixed greens sautéed with grilled marinated seitan, garlic, and olive oil, topped with grilled carrot polenta in mushroom gravy." I was intrigued by the combination of seitan and polenta, so when I got home, I made my own version, which bears little resemblance to the restaurant's. There's something enticing about seitan/polenta synergy, and with the addition of greens, the result is a great-looking, hearty dish.

Yield: 4 to 6 Servings

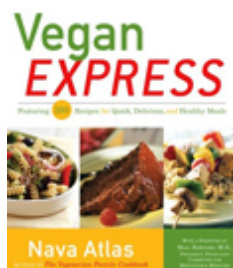
ingredients

One 18-ounce tube polenta
 1 1/2 tablespoons olive oil
 Cooking oil spray, optional
 1 tablespoon reduced-sodium soy sauce
 1 pound seitan, cut into bite-size pieces or strips
 4 large or 6 medium stalks bok choy, with leaves, sliced crosswise
 5 to 6 ounces baby spinach
 4 scallions, sliced
 1 tablespoon balsamic vinegar, or more to taste
 1/4 cup oil-packed sliced sun-dried tomatoes, optional
 Salt and freshly ground pepper to taste

preparation

1. Cut the puckered ends off the polenta, then slice 1/2 inch thick. Cut each slice into 4 little wedges.
2. Heat a wide nonstick skillet. Add a drop of the oil and spread it around with a paper towel to create a very light coat, or use cooking oil spray. Add the polenta wedges; cook in a single layer over medium heat until lightly browned, about 5 minutes on each side.
3. Transfer the polenta to a plate. Heat the oil and soy sauce slowly in the same skillet. Before they get too hot, add the seitan and stir well. Raise the heat to medium-high and sauté, stirring frequently, for 5 minutes. Stir in the bok choy, spinach, and scallions, then cover and cook until just wilted, 1 to 2 minutes.
4. Sprinkle in vinegar to taste. Gently fold in the polenta wedges and sun-dried tomatoes, if using. Season with salt and pepper and serve at once.

Source Information



Reprinted with permission from *Vegan Express: Featuring 160 Recipes for Quick, Delicious, and Healthy Meals* by Nava Atlas. Copyright © 2008 by Nava Atlas. Excerpted by permission of Broadway, a division of Random House, Inc. All rights reserved.

Nava Atlas is the author of nine cookbooks, including *The Vegetarian Family Cookbook*, *The Vegetarian 5-Ingredient Gourmet*, and *Vegetarian Soups for All Seasons*. She lives in the Hudson Valley region of New York with her husband and two teenage sons (all vegans).

nutritional information

322 Calories, 9 g Total Fat, 34 g protein, 29 g Carbohydrate, 5 g Fiber, 1170 mg Sodium

Nutritional analysis provided by Vegan Express