

# Peperonata & Fried Eggs

*with Creamy Parmesan Polenta*

Though peppers are available year-round, they're at their best and brightest from late summer to early fall. In this dish, you'll take advantage of them and make peperonata, a traditional Italian dish. It's a simple, versatile preparation that lets the peppers truly shine. In our version, you'll be using not only the red bells, but also an heirloom variety. All our heirloom peppers are grown on small farms, so they tend to vary in color. Don't be surprised if yours comes in with hues of yellow or blushes of green.



## Ingredients

- 2 Farm Eggs
- $\frac{3}{4}$  Cup Polenta
- 2 Red Bell Peppers
- 1 Heirloom Pepper
- 2 Cloves Garlic
- 1 Bunch Parsley
- 1 Red Onion

## Knick Knacks

- 2 Tablespoons Sherry Vinegar
- 2 Tablespoons Butter
- 1 Tablespoon Tomato Paste
- $\frac{1}{3}$  Cup Grated Parmesan Cheese

Makes 2 Servings  
About 650 Calories Per Serving



1



## Prepare the ingredients:

Wash and dry the fresh produce. In a medium pot, heat **3½ cups of salted water** to boiling on high. Remove the stems, seeds and ribs of the bell and heirloom peppers; slice all 3 peppers into thin strips. Peel and slice the garlic and onion. Pick the parsley leaves off the stems; discard the stems and finely chop the leaves.

2



## Start the peperonata:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **peppers, onions** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until the vegetables are slightly browned. Reduce the heat to medium and cook, stirring occasionally, 14 to 16 minutes, or until the vegetables are completely softened.

3



## Cook the polenta:

While the peppers cook and once the water is boiling, slowly stir in the **polenta**; continue stirring to break up any lumps. Reduce the heat to low and simmer, stirring frequently, 10 to 12 minutes, or until thickened. Remove from heat and stir in the **butter** and **Parmesan cheese**. Season with salt to taste and mix thoroughly to combine. Set aside in a warm place as you continue cooking.

4



## Finish the peperonata:

Increase the heat under the pan of vegetables to medium-high and add the **tomato paste**; season with salt and pepper. Cook, stirring frequently, 1 to 3 minutes, or until the tomato paste is fragrant and turns a dark red color. Add the **sherry vinegar** and **¼ cup of water**; cook 1 to 2 minutes, or until most of the liquid is absorbed. Season with salt and pepper to taste; transfer to a bowl. Loosely cover with aluminum foil to keep warm. Wipe out the pan.

5



## Fry the eggs:

In the same pan used to cook the vegetables, heat 2 teaspoons of olive oil on medium until hot. Crack the **eggs** into the pan; season with salt and pepper. Cook 1 to 3 minutes, or until the whites are cooked, but the yolks are still runny (or to your desired degree of doneness). Remove from heat.

6



## Finish & plate your dish:

Stir **all but a pinch of the parsley** into the **peperonata**. Divide the **cooked polenta** and peperonata between 2 dishes. Top each with a **fried egg**. Garnish with the **remaining parsley**. Enjoy!