

Asparagus, Goat Cheese and Polenta Soufflé

- * 1 cup polenta
- * 4 cups boiling water
- * 1/2 teaspoon salt
- * 2 tablespoons low fat milk
- * 6 egg whites
- * 2 ounces goat cheese
- * 1/2 cup low fat cottage cheese
- * 1 tablespoon cornstarch
- * 1/2 teaspoon powdered garlic
- * 2 tablespoons fresh dill, chopped
- * 1 pound fresh Michigan asparagus, cut on bias into 1-inch pieces, boiled for 1 minute and set aside
- * 1 cup yellow cherry tomatoes (optional)

Prepare polenta using first four ingredients on list. Bring water to a boil and slowly add polenta, whisking continuously for 2 minutes. Reduce heat and simmer for 40 minutes, stirring with a wooden spoon (instant polenta is also available in most supermarkets). Add milk and salt and pour into an 8 x 8 baking dish. Set aside.

To assemble soufflé: Beat egg whites until just before meringue stage. In a separate bowl, combine the goat cheese, cottage cheese, cornstarch and garlic powder. Fold in egg whites. Place the asparagus and tomatoes on top of polenta. Stir dill into the egg white and cheese mixture and pour over asparagus. Bake in a preheated 400° oven for 10-15 minutes or until soufflé is puffy and golden brown on top. Serves 6.