

Baked Polenta with Tomato-Sausage Sauce

To make this meal in 30 minutes, multi-task by beginning both the polenta and the sauce at the same time. Have cans of tomatoes open and ready to add to the sauce mixture when needed. The polenta will require all hands during the mixing of the cornmeal into the liquid. Serve a green vegetable such as broccoli on the side of this dish to complete your meal.

Polenta

2 ½ cups chicken broth
½ cup milk
¼ tsp white pepper
1 cup cornmeal
4 oz Mozzarella Cheese, shredded
¼ cup parmesan cheese, grated

Tomato-Sausage Sauce

1 Tbs olive oil
2 Italian sausages, casings removed
8 oz mushrooms, sliced
1 15 oz can diced tomatoes with basil, garlic & oregano
1 8 oz. can tomato sauce
1 dash each seasonings: salt, pepper, fennel seed, basil, oregano

- 1 Make Polenta: Preheat oven to 350°. Grease a 9-inch round or 8x8 baking pan. In a large saucepan over high heat, add chicken broth, milk and pepper. Bring the mixture to boiling. Reduce heat to medium, then very gradually add the cornmeal while whisking constantly. Once mixture is combined, reduce heat to low and continue whisking until mixture is thick and creamy, about 10 minutes. Remove from heat, stir in mozzarella and Parmesan cheeses and add chopped parsley or oregano. Pour the polenta batter into the prepared pan, smooth top. Bake in 350° oven for 18 to 20 minutes.
- 2 While chicken broth and milk are coming to a boil, prepare Tomato-Sausage sauce. Heat 1 T olive oil in skillet on medium heat. Remove Italian Sausage from casing and cook sausage and mushrooms in skillet, breaking up the meat as it browns. Once the meat has browned and mushrooms are tender, add tomato sauces. Initially cook on medium heat until sauce is heated through, then turn to a simmer and cover. Season mixture as you prefer with salt, pepper, fennel seed, basil, oregano.
- 3 To serve, cut the polenta into wedges or squares. Serve Tomato-Sausage sauce over the polenta on a plate.

Servings: 6

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 345 calories, 181 calories from fat, 20.3g total fat, 46mg cholesterol, 1219.7mg sodium, 687.5mg potassium, 23.8g carbohydrates, 3.3g fiber, 5.8g sugar, 18.2g protein.

Source

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