



Crusty Polenta Sticks

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups fat-skimmed chicken broth
- 0.5 cup evaporated nonfat milk
- 6 servings parmesan cheese shredded
- 1 cup polenta
- 6 servings salt and pepper to taste
- 0.3 cup seasoned bread crumbs dried fine
- 1 cup water

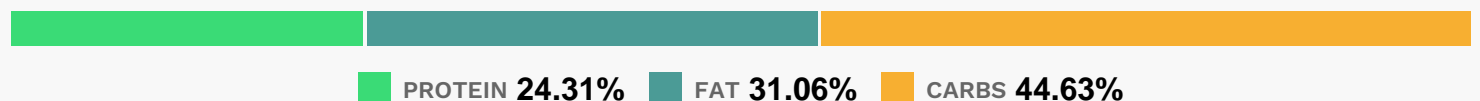
Equipment

- frying pan
- baking sheet
- oven
- knife
- spatula
- cutting board

Directions

- In a 5- to 6-quart pan, blend 1 cup polenta, 2 cups fat-skimmed chicken broth, 1 cup water, and 1/2 cup evaporated nonfat milk. Stir over high heat until mixture boils, then reduce heat and simmer, stirring often, until polenta is smooth to taste, about 15 minutes. Simmer, stirring often, until mixture is thick enough to hold a trough for about 5 seconds when you draw a spoon across the pan bottom, about 20 minutes total. Stir in all the shredded parmesan cheese, and add salt and pepper to taste.
- Scrape the polenta into a lightly oiled 8-inch square pan, and spread smooth. Cover loosely and chill until firm, at least 1 hour. If making up to 1 day ahead, cover airtight and chill.
- Quickly invert pan with polenta onto a cutting board; lift off pan. With a long, sharp knife, cut polenta into 6 or 7 equal strips (wipe knife clean frequently).
- Cut polenta strips in half crosswise and pull apart.
- Put 1/3 to 1/2 cup seasoned fine dried bread crumbs on a plate. Gently roll polenta sticks, 1 at a time, in crumbs.
- Lay slightly apart on a lightly oiled 12- by 15-inch nonstick baking sheet. Mist sticks lightly with cooking oil or olive oil spray.
- Bake polenta sticks in a 375 oven until browned and crusty, 45 to 50 minutes.
- Transfer to a platter or plates with a spatula.

Nutrition Facts



Properties

Glycemic Index:10.04, Glycemic Load:0.59, Inflammation Score:-3, Nutrition Score:8.1004348021487%

Nutrients (% of daily need)

Calories: 251.42kcal (12.57%), Fat: 8.58g (13.2%), Saturated Fat: 5.07g (31.67%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 26.98g (9.81%), Sugar: 1.94g (2.15%), Cholesterol: 21.08mg (7.03%), Sodium: 1083.54mg (47.11%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 15.11g (30.22%), Calcium: 399.14mg (39.91%), Phosphorus: 269.51mg (26.95%), Selenium: 14.98µg (21.39%), Vitamin B12: 0.65µg (10.88%), Vitamin B2: 0.18mg (10.62%), Vitamin B1: 0.13mg (8.46%), Zinc: 1.14mg (7.6%), Vitamin A: 345.53IU (6.91%), Magnesium: 27.03mg (6.76%), Vitamin B3: 1.26mg (6.28%), Manganese: 0.11mg (5.46%), Iron: 0.95mg (5.26%), Vitamin B6: 0.1mg (5%), Vitamin B5: 0.47mg (4.7%), Potassium: 136.14mg (3.89%), Vitamin K: 3.66µg (3.48%), Copper: 0.07mg (3.35%), Folate: 12.52µg (3.13%), Fiber: 0.75g (3%), Vitamin D: 0.37µg (2.5%)