



Pan-Seared Polenta with Spicy Tomato-Basil Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 1 sprigs basil fresh (for garnish; optional)
- ☐ 5 tablespoons olive oil divided ()
- ☐ 2 cups cornmeal (coarse cornmeal)
- ☐ 2 teaspoons salt
- ☐ 8 cups water

Equipment

- ☐ frying pan

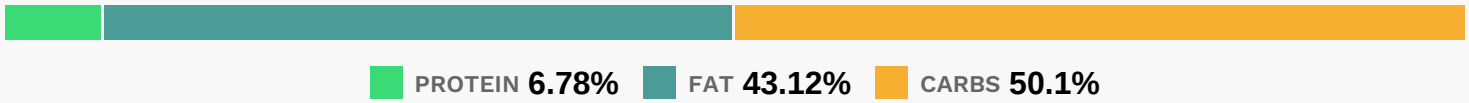
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Place 15x10x2-inch glass baking dish on rimmed baking sheet.
- ☐ Combine 8 cups water, 3 tablespoons olive oil, and 2 teaspoons salt in dish. Gradually mix in polenta.
- ☐ Place baking sheet with polenta in oven.
- ☐ Bake polenta 1 hour.
- ☐ Add pepper and stir to blend.
- ☐ Bake 20 minutes. Stir again and spread evenly.
- ☐ Bake until polenta is very thick, about 20 minutes longer. Cool polenta to room temperature, 1 to 2 hours (polenta will become firm). Using metal spatula, press polenta all over to even thickness. DO AHEAD: Can be made 2 days ahead. Cover with plastic wrap; chill.
- ☐ Preheat oven to 325°F.
- ☐ Cut polenta lengthwise into 4 strips.
- ☐ Cut each strip crosswise into 6 squares.
- ☐ Heat 2 tablespoons oil in large nonstick skillet over medium-high heat. Working in batches, add polenta squares. Sauté until crisp and beginning to color, about 8 minutes per side.
- ☐ Transfer polenta to small baking sheet; place in oven to keep warm. Repeat with remaining polenta, adding oil to skillet as needed.
- ☐ Divide polenta among plates. Top with warm Spicy Tomato-Basil Sauce.
- ☐ Garnish with fresh basil sprigs, if desired.
- ☐ * Sold at some supermarkets and at natural foods stores and Italian markets. If unavailable, substitute an equal amount of regular yellow cornmeal.
- ☐ A medium-bodied red

- ☐ Italian wine is great with the spicy sauce.One to try: Montresor NV "Il Veronese"Valpolicella (\$14), a lovely red blendwith dried fruit flavors and vanilla notes.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:17.29, Inflammation Score:-2, Nutrition Score:5.5126087168313%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 230.05kcal (11.5%), Fat: 11.09g (17.06%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 28.98g (9.66%), Net Carbohydrates: 25.24g (9.18%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 594.97mg (25.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Fiber: 3.74g (14.96%), Manganese: 0.26mg (12.96%), Vitamin B6: 0.23mg (11.75%), Magnesium: 45.07mg (11.27%), Vitamin E: 1.41mg (9.39%), Phosphorus: 89.58mg (8.96%), Zinc: 1.26mg (8.4%), Vitamin B1: 0.12mg (7.96%), Iron: 1.25mg (6.95%), Copper: 0.14mg (6.77%), Vitamin K: 6.38µg (6.08%), Vitamin B3: 0.98mg (4.92%), Potassium: 128.94mg (3.68%), Folate: 13.69µg (3.42%), Selenium: 2.39µg (3.41%), Vitamin B5: 0.24mg (2.37%), Vitamin B2: 0.04mg (2.19%), Calcium: 10.37mg (1.04%)