



Personal Polenta Pizza

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon basil
- 1 teaspoon olive oil extra virgin
- 2 cloves garlic
- 0.5 bell pepper green sliced
- 8 mushrooms sliced
- 2 servings pepper black generous
- 0.5 cup tomato sauce
- 0.5 bell pepper red sliced

- 0.5 small onion red sliced
- 1 teaspoon salt
- 3 ounces sausage gluten-free cooked (or alternative)
- 3 cups water
- 0.8 cup cornmeal yellow

Equipment

- frying pan
- baking sheet
- baking paper
- oven
- pot
- casserole dish
- microwave
- spatula

Directions

- Oil two 8- or 9-inch round cake pans and line the bottoms with circles of parchment paper.
- Put the water, cornmeal, salt, and seasonings into a large microwavable casserole dish or 1-quart measure. Cook at full power for 4 minutes. Stir well and cook again at high power for 2 more minutes. Stir again and cook at high power for another 2 minutes.
- Remove from the microwave, stir in the optional oil, and beat with a spoon until completely smooth. [Non-microwave option: Cook in a medium-sized pot on low, stirring frequently, until very thick.]
- Spread the polenta evenly in the bottom of the two pans. (If you have any leftover, save it for another use—or make another small pizza.)
- Place the pans in the oven and bake for 12 minutes. While the crust is cooking, prepare your toppings and sauce. I used a simple tomato paste-based sauce (3 tbsp. paste, 2 tbsp water, garlic, oregano, basil to taste) because I wanted something thick and not watery. Your favorite spaghetti sauce can be used. Sauté the vegetables lightly in a non-stick pan until onion begins to soften. After 12 minutes, take the crusts out of the oven and invert them onto a

large baking sheet, side by side. They should fall right out of the pan with the parchment paper stuck to them. Peel away the parchment.

Spread each crust with pizza sauce (don't use too much or they will be soggy) and top with veggies and vegan sausage.

Sprinkle with chopped garlic. Return to the oven for about 10 minutes, until toppings look done. Lift off the baking sheet carefully using a large spatula and your hand—they are not sturdy like regular pizza, so be careful not to let your toppings slide off.

Cut into 4ths and serve.

Nutrition Facts



PROTEIN 14.79% **FAT 35.05%** **CARBS 50.16%**

Properties

Glycemic Index:187.25, Glycemic Load:28.88, Inflammation Score:-9, Nutrition Score:24.644347667694%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 437.63kcal (21.88%), Fat: 17.43g (26.81%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 47.12g (17.13%), Sugar: 7.85g (8.73%), Cholesterol: 30.62mg (10.21%), Sodium: 1751.4mg (76.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Vitamin C: 71.24mg (86.35%), Vitamin B6: 0.85mg (42.44%), Vitamin B3: 7.46mg (37.28%), Fiber: 9.01g (36.04%), Manganese: 0.66mg (32.94%), Phosphorus: 303.32mg (30.33%), Vitamin B2: 0.51mg (30.19%), Copper: 0.6mg (30.03%), Vitamin B1: 0.43mg (28.47%), Vitamin A: 1341.34IU (26.83%), Potassium: 902.44mg (25.78%), Magnesium: 99.95mg (24.99%), Zinc: 3.56mg (23.71%), Vitamin B5: 2.2mg (22.04%), Iron: 3.61mg (20.07%), Selenium: 11.99µg (17.12%), Folate: 61.82µg (15.45%), Vitamin E: 2.07mg (13.79%), Vitamin K: 7.3µg (6.95%), Vitamin B12: 0.39µg (6.56%), Vitamin D: 0.71µg (4.75%), Calcium: 47.07mg (4.71%)