



Polenta Bites with Sun-Dried Tomatoes

 Gluten Free

READY IN



15 min.

SERVINGS



36

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 cup heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoon mint leaves chopped
- ☐ 0.5 cup oil-packed sun-dried tomatoes
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 pinch freshly cracked pepper black to taste
- ☐ 1 cup polenta instant

☐ 2 cup water

Equipment

☐ bowl

☐ sauce pan

☐ whisk

☐ baking pan

☐ wooden spoon

☐ cutting board

☐ glass baking pan

Directions

☐ Brush an 8×8 inch glass baking dish lightly with oil. Bring water and salt to a boil in a heavy bottomed, medium-sized saucepan set over medium heat.

☐ Add the polenta and whisk to break up any clumps. Lower the heat.

☐ Let the mixture simmer about 3 minutes, stirring often. Alternate the stirring between both a whisk to prevent clumps and a flat-bottomed wooden spoon to keep the polenta from sticking and burning, until thickened. If not using instant polenta more cooking (up to 10 minutes may be needed).

☐ Remove the pan from the heat and add the cream and Parmesan cheese, whisking to mix well. Scrape the polenta into the prepared baking dish.

☐ Spread as evenly and smoothly as possible.

☐ Let cool about 10 minutes, then refrigerate, uncovered, until chilled and firm. Prepare the topping: Julienne the oil-packed sun-dried tomatoes into thin strips.

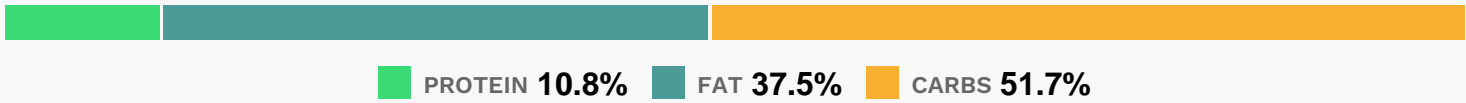
☐ Add them, along with the mint or basil, balsamic and black pepper to a small bowl.

☐ Mix well. Assemble: About an hour before servings, set a cutting board or very flat plate that's larger than the baking dish upside down on top of the baking dish. Hold the cutting board or plate and baking dish firmly together in front of you. Quickly invert both the cutting board or plate and baking dish in one confident motion, letting the polenta fall onto the plate in one piece. Trim the edges for neatness, and cut the polenta into 36 similarly sized pieces, laying them onto a serving plate.

☐

Garnish each square with some of the sun-dried tomato topping. Allow to come to room temperature and serve.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:0.99521737318972%

Nutrients (% of daily need)

Calories: 34.72kcal (1.74%), Fat: 1.47g (2.26%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.3g (1.57%), Sugar: 0.77g (0.86%), Cholesterol: 4.21mg (1.4%), Sodium: 79.06mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Potassium: 63.27mg (1.81%), Manganese: 0.04mg (1.8%), Vitamin A: 85.63IU (1.71%), Phosphorus: 15.58mg (1.56%), Selenium: 1.09µg (1.56%), Copper: 0.03mg (1.43%), Vitamin K: 1.48µg (1.41%), Calcium: 13.03mg (1.3%), Magnesium: 4.99mg (1.25%), Iron: 0.2mg (1.12%), Vitamin B2: 0.02mg (1.05%), Fiber: 0.26g (1.05%)