



Polenta Casserole with Fontina and Tomato Sauce



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 medium onion chopped
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup carrots finely chopped
- ☐ 3 garlic cloves minced
- ☐ 28 ounce canned tomatoes whole with basil if you have it) canned
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 1.5 teaspoons oregano dried fresh chopped (or 1 Tbsp ,)
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 cups water
- ☐ 1 teaspoon salt
- ☐ 1 cup coarse cornmeal
- ☐ 2 cups fontina grated

Equipment

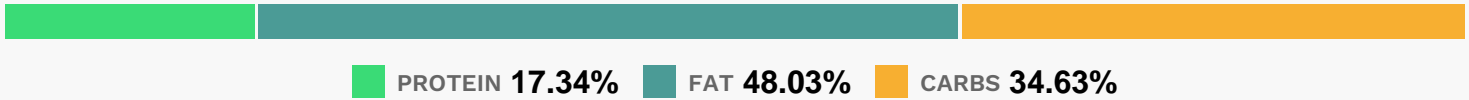
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat olive oil in a large saucepan on medium heat, add the onions, carrots, and celery. Cook until onions are translucent and carrots just tender (5-10 minutes).
- ☐ Add the garlic and cook a minute more.
- ☐ Add the tomatoes and their juice (break up tomatoes as you put them in), parsley, and oregano. Bring to a simmer, reduce heat and cook for 15 minutes, uncovered, until sauce is reduced to about 3 cups.
- ☐ Mix in fresh basil, season to taste with salt and pepper.
- ☐ Make the polenta: In a large saucepan bring a quart of water to a boil, add a teaspoon of salt. Slowly whisk in the polenta. Reduce the heat to low and simmer, stirring often, until thick and cooked through, about 10 minutes.
- ☐ Layer sauce, polenta, cheese in baking dish: Prepare a baking dish, brush 8x8x2 pyrex or ceramic baking dish with olive oil.
- ☐ Spread 1/3 of the sauce over the bottom of the dish.
- ☐ Pour half of the polenta over the sauce.
- ☐ Sprinkle with half of the cheese.
- ☐ Pour another third of the sauce over the cheese.

- ☐ Pour the remaining half of the polenta over the sauce.
- ☐ Sprinkle with remaining cheese, cover with remaining sauce.
- ☐ Let stand for 2 hours at room temperature.
- ☐ Bake: Preheat oven to 350°F.
- ☐ Bake until completely heated through, about 25 minutes.
- ☐ Let cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:62.72, Glycemic Load:15.16, Inflammation Score:-9, Nutrition Score:17.56652157203%

Flavonoids

Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 371.24kcal (18.56%), Fat: 20.37g (31.33%), Saturated Fat: 9.44g (59.03%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 27.15g (9.87%), Sugar: 8.1g (9%), Cholesterol: 51.04mg (17.01%), Sodium: 935.19mg (40.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.09%), Vitamin A: 1732.85IU (34.66%), Calcium: 316.32mg (31.63%), Vitamin K: 32.48µg (30.93%), Phosphorus: 267.39mg (26.74%), Manganese: 0.52mg (26.08%), Fiber: 5.88g (23.53%), Vitamin B6: 0.45mg (22.64%), Vitamin C: 15.65mg (18.97%), Zinc: 2.84mg (18.91%), Copper: 0.37mg (18.39%), Vitamin E: 2.71mg (18.06%), Magnesium: 68.66mg (17.16%), Potassium: 585.92mg (16.74%), Iron: 3mg (16.65%), Vitamin B1: 0.21mg (13.77%), Selenium: 9.13µg (13.05%), Vitamin B3: 2.49mg (12.45%), Vitamin B12: 0.74µg (12.32%), Vitamin B2: 0.2mg (11.87%), Folate: 39.3µg (9.82%), Vitamin B5: 0.79mg (7.9%), Vitamin D: 0.26µg (1.76%)