



Polenta Crostini

 Gluten Free

READY IN



120 min.

SERVINGS



48

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons thyme leaves fresh minced
- 0.5 teaspoon ground nutmeg freshly grated
- 1 cup parmesan freshly grated
- 48 servings coarse pepper black freshly ground
- 1 cup grain polenta fine
- 2 teaspoons salt
- 4 cups water

Equipment

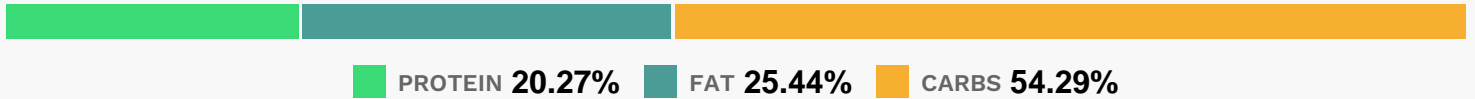
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- spatula

Directions

- Watch how to make this recipe.
- In a heavy saucepan, bring the water to a boil over high heat.
- Add 2 teaspoons salt and the nutmeg and reduce the heat to the medium.
- Add the polenta gradually, whisking constantly. Continue to whisk for 5 minutes as the mixture bubbles. Reduce the heat to low and cook, stirring occasionally, until the mixture begins to come away from the sides of the pan, about 10 minutes.
- Add 1/2 cup of the Parmesan cheese, 1 teaspoon thyme and 1/2 teaspoon pepper and stir to combine thoroughly.
- Invert a rimmed baking sheet on a countertop and cover the surface with parchment paper.
- Spread the polenta out with a spatula into a smooth, even layer. Cover the polenta with another sheet of parchment paper.
- Place another baking sheet, right side up, on top of the parchment. With 2 hands, press down evenly on the top baking sheet until the polenta is 1/4 inch thick. The idea is to sandwich the polenta between 2 flat surfaces. Refrigerate for at least 1 hour or up to overnight.
- Preheat the oven to 375 degrees F. Invert the baking sheets together.
- Remove the top baking sheet and the top layer of parchment paper. The smoother side of the polenta will be facing up.
- Cut the polenta into triangle about 2 inches long by 1 1/2 inches wide.
- Transfer the triangles to 1 or more baking sheets, spacing them 1/2-inch apart.
- Sprinkle about 1/2 cup of the remaining Parmesan cheese and the remaining thyme on top of triangles.

- Bake the crostini until hot throughout and starting to brown, about 10 to 12 minutes. Turn the oven to broil and broil the crostini about 8 inches from the heat source until crispy and golden brown on top, about 3 minutes.
- Serve warm or at room temperature.
- Calories: 21; Total Fat 0.5 grams; Saturated Fat: 0 grams; Protein: 1 grams; Total carbohydrates: 3 grams; Sugar: 0 grams Fiber: 0 grams; Cholesterol: 1 milligrams; Sodium: 123 milligrams

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:0.61695652260729%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 21.11kcal (1.06%), Fat: 0.59g (0.91%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.73g (0.99%), Sugar: 0.04g (0.05%), Cholesterol: 1.42mg (0.47%), Sodium: 131.34mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Calcium: 27.05mg (2.7%), Phosphorus: 17.39mg (1.74%), Selenium: 1.04µg (1.48%), Manganese: 0.02mg (1.13%)