



Polenta Lasagna with Portabellas and Kale

READY IN



60 min.

SERVINGS



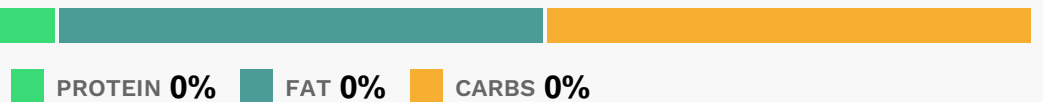
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Directions

- Place the cheese sauce ingredients into a blender or food processor and puree until completely smooth. Set aside. Sauté the onions and portabellas in a non-stick skillet until the mushrooms begin to exude their juices.
- Add the garlic and sauté for one more minute.
- Add the kale, basil, and 1/4 cup water. Sauté until the kale is wilted and tender and the water has evaporated.
- Add the cheese sauce and cook, stirring, until thickened. Check seasoning and add salt and pepper if needed.
- Remove from the heat.
- Cut the polenta into 1/4-inch thick slices. Line the bottom of the baking dish with half of the slices, overlapping slightly if possible.

- Spread 1/2 cup of the marinara sauce over the polenta, and then spread the kale mixture over the sauce.
- Sprinkle the chopped olives over the kale and top with the remaining polenta.
- Spread the remaining marinara sauce over the top and sprinkle with soy parmesan.
- Bake for 25 minutes.
- Remove from oven and allow to cool for 5 or 10 minutes before serving. Makes 6 servings—if you can resist eating the whole pan yourself!

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)