

# Polenta Lasagne

 Gluten Free

READY IN



95 min.

SERVINGS



20

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 egg yolks
- 1 pound mozzarella cheese fresh thinly sliced
- 2 cups ricotta cheese fresh
- 4 cloves garlic chopped
- 2 pound mild sausage links to package directions and coin italian cooked sliced
- 4 cups tomatoes prepared
- 0.3 teaspoon nutmeg freshly grated
- 2 tablespoons olive oil extra-virgin

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- 0.5 cup parmesan grated
- 2 cups parmesan grated
- 3 cups grind polenta fine
- 20 servings polenta
- 1 cup roasted red jarred peeled seeded cut into 1-inch squares
- 1 cup roasted yellow jarred peeled seeded cut into 1-inch squares
- 20 servings gray salt and pepper black freshly ground
- 2 tablespoon sea salt
- 30 ounce pkt spinach washed
- 15 cups water

## Equipment

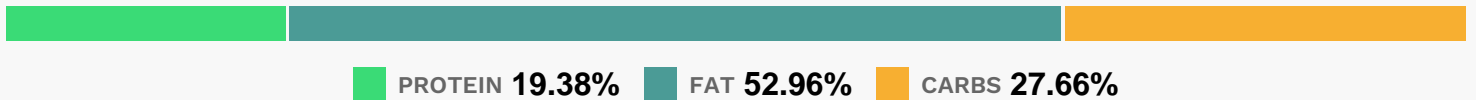
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- casserole dish

## Directions

- Ricotta mixture
- Heat the oil in a large skillet over high heat.
- Add the garlic and saute until lightly browned.
- Add half the spinach into the skillet. As soon as it wilts, add the remaining spinach. Season with salt and pepper and remove from heat.
- Add the sausage slices to marry the flavors together.
- Remove from heat.;

- In a small bowl combine the ricotta, egg yolks, and nutmeg. Set aside.;
- In a large saucepan, bring the water and salt to a boil. Gradually whisk in the polenta and cook over low heat for about 20 to 30 minutes, stirring often, until the grains are soft. Stir in the Parmesan and olive oil.;
- Set aside 4 tablespoons of the marinara sauce for the top of the lasagna. In large casserole dish, layer: 6 cups of polenta, 1/2 the spinach / sausage slices, 1/2 the peppers, 1/2 the marinara sauce, 1/2 the Parmesan, and 1/2 the mozzarella slices.
- Repeat. Top with the remaining polenta (it may not cover the top completely). Distribute the ricotta mixture over the top in small dollops.
- Drizzle the reserved marinara sauce on top. At this point the finished lasagna can be wrapped and refrigerated for up to a day.
- Preheat the oven to 375 degrees F.
- Place the pan on a cookie sheet (in case it bubbles over).
- Bake about 45 minutes to 1 hour, or until it is bubbling and hot throughout.
- Remove from the oven and allow it to rest for several minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:18.85, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:27.46869580642%

### Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

### Nutrients (% of daily need)

Calories: 494.73kcal (24.74%), Fat: 29.18g (44.89%), Saturated Fat: 12.79g (79.96%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 31.82g (11.57%), Sugar: 2.88g (3.2%), Cholesterol: 92.98mg (30.99%), Sodium: 1669.05mg (72.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.04%), Vitamin K: 209.75µg (199.76%), Vitamin A: 4908.15IU (98.16%), Vitamin C: 39.68mg (48.1%), Selenium: 29.12µg (41.6%), Calcium: 382.68mg (38.27%), Phosphorus: 341.28mg (34.13%), Manganese: 0.55mg (27.51%), Folate: 105.71µg (26.43%), Vitamin B1: 0.37mg (24.81%), Vitamin B2: 0.37mg (22.03%), Vitamin B12: 1.2µg (19.99%), Vitamin B6: 0.4mg (19.77%), Magnesium: 73.24mg (18.31%), Potassium: 636.19mg (18.18%), Zinc: 2.68mg (17.86%), Iron: 2.95mg (16.37%), Vitamin

B3: 2.9mg (14.51%), Vitamin E: 2.15mg (14.33%), Copper: 0.23mg (11.4%), Fiber: 2.48g (9.91%), Vitamin B5: 0.81mg (8.11%), Vitamin D: 0.3 $\mu$ g (2%)