



Polenta "Pizza" with Crumbled Sage

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings olive oil extra virgin for drizzling
- ☐ 0.5 pound mozzarella fresh
- ☐ 0.5 cup pecorino cheese grated
- ☐ 4 servings bell pepper
- ☐ 4 servings pepper red
- ☐ 1 Leaves sage dried fresh (see Note)
- ☐ 4 servings salt
- ☐ 1 cup polenta stone-ground

Equipment

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

Directions

- ☐ Bring 4 cups water to a boil in a large heavy saucepan and add 2 teaspoons salt.
- ☐ Whisk in the polenta and continue whisking as it begins to bubble. After a minute or two, when the polenta has thickened a bit, reduce the heat to low and let cook gently, stirring occasionally, for about 45 minutes, until thickened and smooth, with no raw cornmeal taste. If the polenta gets too thick as it cooks, add a bit more water.
- ☐ Remove a spoonful and cool, then taste and adjust the seasoning, if necessary.
- ☐ Spread the polenta on a lightly oiled baking dish to a thickness of 1/2 inch.
- ☐ Let cool and set, preferably overnight, in the refrigerator.
- ☐ Heat the oven to 400°F, with a rack in the top third. Tear the mozzarella into big shreds and scatter over the polenta. Top with the Parmesan.
- ☐ Drizzle lightly with oil and crumble the sage leaves on top.
- ☐ Bake the polenta until the cheese is bubbling and lightly browned, 10 to 15 minutes.
- ☐ Sprinkle with red pepper flakes and freshly ground black pepper to taste and let cool slightly.
- ☐ Serve cut into rough wedges or squares.
- ☐ You can dry a bunch of fresh sage by leaving it on a windowsill for a day or two. Freshly dried sage is quite flavorful, but if you don't get around to this, don't substitute sage from a jar—use a little chopped rosemary instead.
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Nutrition Facts



 PROTEIN 16.23%  FAT 53.83%  CARBS 29.94%

Properties

Glycemic Index:21.5, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:20.771739031958%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 514.73kcal (25.74%), Fat: 31.03g (47.73%), Saturated Fat: 11.68g (73.02%), Carbohydrates: 38.82g (12.94%), Net Carbohydrates: 35.93g (13.06%), Sugar: 4.2g (4.67%), Cholesterol: 57.79mg (19.26%), Sodium: 735.75mg (31.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.05g (42.1%), Vitamin C: 95.37mg (115.6%), Vitamin A: 3445.82IU (68.92%), Calcium: 432.27mg (43.23%), Phosphorus: 350.11mg (35.01%), Vitamin E: 4.09mg (27.28%), Selenium: 18.69µg (26.7%), Vitamin B12: 1.43µg (23.88%), Vitamin B2: 0.3mg (17.93%), Vitamin B6: 0.35mg (17.44%), Zinc: 2.41mg (16.09%), Vitamin K: 15.89µg (15.13%), Fiber: 2.9g (11.59%), Folate: 41.66µg (10.42%), Magnesium: 39.14mg (9.78%), Manganese: 0.18mg (9.03%), Potassium: 304.72mg (8.71%), Iron: 1.49mg (8.28%), Vitamin B1: 0.12mg (7.9%), Vitamin B3: 1.51mg (7.53%), Vitamin B5: 0.58mg (5.8%), Copper: 0.1mg (5.17%), Vitamin D: 0.29µg (1.93%)