



## Three Cheese Polenta

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 1 cup coarse grain polenta
- ☐ 2 clove garlic thinly sliced
- ☐ 5 ounce gorgonzola cheese
- ☐ 2 tablespoon olive oil
- ☐ 1 tablespoon oregano leaves
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 servings salt

- ☐ 5 ounce taleggio cheese
- ☐ 2 tablespoon butter unsalted

## Equipment

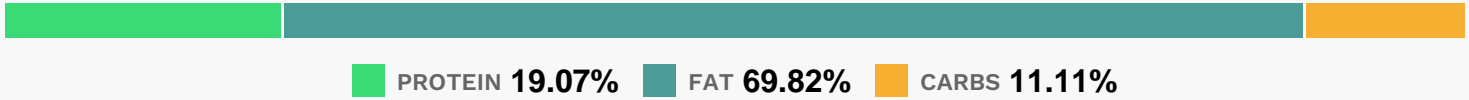
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ baking pan

## Directions

- ☐ Polenta
- ☐ Bring 3 cups of water to a boil in large saucepan or Dutch oven.
- ☐ Add the salt. When the water comes to a boil add the polenta in a slow steady stream whisking the mixture as you go. Reduce the heat to low and continue stirring for several minutes until there are no lumps. Simmer the polenta for 30–40 minutes stirring occasionally so that the polenta will not stick.
- ☐ Remove the polenta from the heat and add the butter, stirring until well incorporated. Tomato Sauce
- ☐ Heat 2 tablespoons of olive oil in a saucepan over medium heat.
- ☐ Add two garlic cloves that have been thinly sliced. Cook these gently until just beginning to brown.
- ☐ Add one 14½ oz can of diced tomatoes and a little salt. Go gently on the salt because some brands of tomatoes are too salty to begin with.
- ☐ Add about 1 tablespoon of fresh oregano leaves and simmer this about ½ hour, until reduced to a sauce consistency.
- ☐ Baked Polenta
- ☐ Lightly oil the tops and sides of a shallow 9×11 inch baking dish. Using the back of a spoon spread about ½ inch of polenta all over the bottom. Crumble and dollop about 5 ounces Gorgonzola and 5 ounces of Taleggio evenly across the surface of the polenta layer.

- ☐ Add the rest of the polenta spreading it over the cheese with the back of a spoon. Work carefully to assure that the cheese is completely covered.
- ☐ Lay a piece of plastic wrap over the top layer of polenta, and using the palms of your hands compact the polenta as evenly and firmly as possible. The polenta may be made a head to this point for up to 24 hours in advance. In fact it makes the polenta firmer and is easier to cut after baking. When you are ready to bake the polenta. Pre-heat the oven to 350 degrees F.
- ☐ Pour the prepared tomato sauce over the top of the polenta and sprinkle ½ cup grated Parmesan cheese over the top.
- ☐ Bake the polenta for 30 minutes until it is browned and bubbly.
- ☐ Remove the polenta to cool on a wire rack for about ½ hour. It should firm up as it cools. To serve slice the baked polenta into serving sized portions and serve alongside an arugula salad. The first piece may be difficult to remove from the tray neatly. You may want to set it aside as a post party treat for the cook. But the other slices should come out easier. A perfect baked polenta will hold its shape, but oh so barely. It may sag a bit under its own weight and it will ooze plenty of cheese all over the plate.

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:2.79, Inflammation Score:-9, Nutrition Score:18.810869538266%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 463.92kcal (23.2%), Fat: 37.39g (57.52%), Saturated Fat: 19.79g (123.67%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 8.19g (2.98%), Sugar: 5.75g (6.39%), Cholesterol: 78.12mg (26.04%), Sodium: 2041.25mg (88.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.98g (45.96%), Calcium: 625.17mg (62.52%), Selenium: 30.07µg (42.96%), Phosphorus: 329.83mg (32.98%), Vitamin A: 1520.5IU (30.41%), Manganese: 0.54mg (27.08%), Fiber: 5.19g (20.77%), Vitamin E: 3.02mg (20.12%), Vitamin K: 19.94µg (18.99%), Iron: 3.07mg (17.03%), Magnesium: 67.98mg (16.99%), Vitamin B2: 0.28mg (16.59%), Vitamin B6: 0.3mg (14.96%), Potassium: 520.26mg (14.86%), Vitamin B1: 0.22mg (14.36%), Zinc: 2.02mg (13.47%), Copper: 0.27mg (13.3%), Vitamin C: 10.2mg (12.36%), Vitamin B5: 1.17mg (11.7%), Vitamin B3: 2.07mg (10.36%), Vitamin B12: 0.59µg (9.9%), Folate: 34.57µg (8.64%), Vitamin D: 0.34µg (2.3%)