

Stuffed Polenta

	Polenta
8 cups	water, salted
2 cups	corn meal
3 tbs	margarine
¼ cup	grated parmesan cheese
½ lb	mushrooms, sliced
1 medium	zucchini, sliced
1½ lbs	italian sausage, not sweet (use only half)
½ lb	mozzarella, sliced or grated
	Sauce
½ cup	dry red wine
1 medium	onion, diced
3-4 cloves	garlic, minced
1 tsp	dried oregano
1 tbs	dried basil
	italian sausage (remaining)
4 15 oz cans	diced tomatoes

- 1 In a large, deep frying pan over high heat, bring water and 1-2 tsp salt to a boil. Gradually stir in polenta.
- 2 Reduce the heat to the lowest possible setting and cover. Cook, vigorously stirring (I use a whisk) once every 5 minutes until the polenta has lost its raw cornmeal taste and becomes soft and smooth. This takes about 30 minutes. Stir in the butter and parmesan cheese. Season with salt and pepper.
- 3 While the polenta is cooking, removing the casings and slice the sausages. I use a dulled knife, which turns the slices into little meatballs. Place the sausage in a frying pan, add 1/4 cup water, cover and cook over medium-high heat for 5 minutes or so. Remove the lid and cook for an additional 15 minutes, until the water evaporates and the sausage is browned. Remove the sausages and pour off any excess fat.
- 4 When the polenta is ready, spoon ½ of the polenta into a greased 9x13 casserole. Keep the remaining on the burner and covered. Layer the sliced zucchini, mushrooms and ½ the cooked sausage onto the polenta and spread a layer of sliced mozzarella cheese on top. Add the remaining polenta and spread evenly with greased fingers (hot-ouch!). Bake in preheated oven at 350 for 30-45 minutes. The vegetables should be cooked through.
- 5 Deglaze the pan used to cook the sausage with ½ cup of dry red wine. Add a medium diced onion and cook until translucent, adding 3-4 minced garlic cloves 1-2 minutes prior. Add 1 tsp dried oregano and 1 tbsp dried basil. Stir. Put in the remaining sausage and 4 cans (14 oz) diced tomatoes. Bring to a boil and simmer for 20 minutes or so.
- 6 To serve, put a square of polenta on a plate and spoon sauce on top. In my recollection, you may want more sauce. We usually eat some of the polenta plain as it is also good without. Makes great leftovers.

Servings: 10

Preparation time: 10 minutes

Cooking time: 1 hour

Ready in: 1 hour and 10 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	556.12
Calories From Fat (38%)	209.96
% Daily Value	
Total Fat 23.70g	36%
Saturated Fat 9.02g	45%
Cholesterol 48.85mg	16%
Sodium 2365.99mg	99%
Potassium 1840.93mg	53%
Carbohydrates 68.40g	23%
Dietary Fiber 9.52g	38%
Sugar 32.74g	
Sugar Alcohols 0.00g	
Net Carbohydrates 58.88g	
Protein 25.47g	51%