
Pan Crisp Polenta Squares

Description

This recipe is wonderful as holiday pupu or nice main course paired with a crisp green salad and sparkling beverage.

Total time: 1 hr 30 min Yield: 4 to 6 servings

Ingredients

- 1 1/2 cup polenta
- 2 Tbsp olive oil
- 1/4 cup onions, chopped
- 1 to 2 clove garlic (minced)
- 1 tsp Italian seasoning
- 1/8 tsp pepper or chili flakes
- 1/2 tsp salt
- 2 cup assorted vegetables (sliced thin)
- 2 cup fresh spinach
- 2 cup fresh marinara sauce
- 1/4 cup kalamata or black olives
- 1/4 cup fresh basil (julienned)
- Parmesan cheese (optional)

Prep Time: 45 min Cooking Time: 45 min Total Time: 1 hr 30 min

Instructions

Prepare polenta according to the package instructions. Pour warm polenta over parchment lined baking sheet to a 1" thickness; smoothing top flat with a spatula. Let cool.

In a medium-large skillet, sauté onions in olive oil until soft; add in the garlic, Italian seasoning, pepper or chili flakes and salt and cook for a few minutes. Then add in your desired vegetables, sauté til crisp tender, about 3 to 5 minutes. Remove from the pan.

Add in the spinach and cook until wilted. Cool then squeeze out the excess liquid and chop.

In medium pot heat marinara sauce to a slow simmer and reduce to thicken; about 10 minutes.

Slice polenta into large squares and pan fry on both sides (non stick or cast iron works well) until lightly browned and crisp. Place on a parchment lined baking sheet.

Pour marinara sauce over polenta squares then top with spinach and sautéed vegetables. Add olives, fresh basil and Parmesan if using. Bake at 350° for 20 minutes or until just heated through.

Recipe brought to you by:

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