

Polenta Verdura

YIELD: 6 servings

In the southern United States, people are familiar with grits. This is the Italian version, also made from corn meal. This is an excellent dish that is totally out of the ordinary.

POLENTA:

*3 cups water
1 teaspoon sea salt
2 bay leaves
1 cup cornmeal
1 tablespoon unsalted butter*

SAUCE:

*2 tablespoons **Costantino's Kitchen Garlic oil**
1 red bell pepper, seeded and chopped
1 pint button mushrooms, diced
1 24oz jar **Costantino's Kitchen Puttanesca Sauce***

OTHER:

*Grilled vegetables, such as Zucchini, Yellow Squash and Eggplant
Freshly grated Parmesan cheese*

MAKE POLENTA: Bring water, salt and bay leaves to a boil. Slowly pour in cornmeal in a thin stream, whisking constantly. Once the cornmeal is incorporated, reduce heat to low and switch to a wooden spoon. Stir constantly until thick. Mix in the butter and remove bay leaves. Grease a 9-inch square baking pan. Working quickly, spoon polenta into the greased pan, spreading it and packing it down before it sets. Refrigerate for 1 hour. Remove the polenta from the pan and, using a sharp knife or round biscuit cutter, cut into desired shape. Grill on each side just until heated through and nice grille marks are formed.

MAKE SAUCE: Heat garlic oil over medium heat. Add red pepper and cook until soft. Add mushrooms and cook until soft. Add pasta sauce and cook for 10 minutes.

SERVICE: Place polenta on the plate. Top with grilled vegetables, then sauce. Garnish with Parmesan cheese.

**GLUTEN
FREE**