

Polenta & Feta Lasagna



Makes:

6 servings

Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

medium mixing bowl

large mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Prepared polenta, sold in a log, can be purchased precooked and ready to go for a quick and easy meal. Traditional polenta, made with corn, is available in most grocery stores. Look for other varieties as well, with added herbs, spices or grains, such as quinoa.

1 cup
onions, strung, use Cone #2
(160
g)
32 ounces
tomato vegetable sauce, divided
(907
g)
18 ounces
prepared polenta, sliced in ½-inch thick rounds
(510
g)
10 ounces
frozen spinach, chopped
(284
g)
4 roasted bell peppers, drained and chopped
6 ounces
feta cheese, crumbled, divided
(170
g)
1 teaspoon
oregano
(2
g)
½ cup

black olives, sliced
(100
g)

Directions:

1. Process onions directly into electric skillet, spreading out evenly to cover bottom.
2. Pour 2 cups (227g) of tomato sauce over onions and spread out to cover.
3. Lay polenta slices over tomato sauce until bottom is covered.
4. Top polenta with chopped spinach and chopped roasted peppers.
5. Sprinkle half of feta cheese over top of chopped peppers and sprinkle with oregano.
6. Layer remaining polenta slices and spread remaining tomato sauce on top to cover. Top with feta cheese and olives
7. Cover and set temperature probe to 325°F/163°C. When Vapo-Valve™ begins to click steadily, reduce temperature to 200°F/93°C and set timer for 30 minutes.
8. When finished cooking, let stand for 10 minutes before serving.

Tips:

- Substitute chopped peppers for sliced mushrooms.
- Substitute feta cheese for shredded cheddar cheese or mozzarella cheese.

Nutritional Information per

▼ Serving

Calories: 276
Total Fat: 10g
Saturated Fat: 5g
Cholesterol: 25mg
Sodium: 1504mg
Total 39g
Carbs:
Dietary Fiber: 7g
Sugar: 18g
Protein: 10g