

## Sunny Italian Polenta



### Makes:

3 servings, 1 cup (165 g) each

### Utensil:

Saladmaster Food Processor  
9" Small Skillet with Cover  
medium mixing bowl

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### Recipe:

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### Recipe Description:

Polenta has a deep history in the Italian culture. This staple of the Roman Legions was eaten as either porridge or a hard cake-like form. It was the staple of the poor in the North, in particular those living in the countryside. Polenta can be eaten either as a side dish or an integral part of a main course. This is a quick and tasty recipe - fresh from the Italian countryside.

1 cup  
corn grits, course  
(156  
g)  
2 ½ cups  
water  
(600  
mL)  
½ teaspoon  
salt  
(3  
g)  
2 cloves  
garlic, minced  
1 cup  
mushrooms, sliced, use Cone #4, and sauté  
(97  
g)  
1 cup  
sun-dried tomatoes, chopped  
(110  
g)  
1 cup  
fresh basil, chopped  
(40  
g)

### Directions:

1. Place tomatoes and basil in a medium-sized bowl.

2. Preheat skillet on medium heat. When several drops of water sprinkled on the pan skitter and dissipate, add mushrooms and garlic and cover. When Vapo-Valve™ clicks, cook, approximately 2 minutes, continue to cook for another 1 minute; then remove from heat and add to bowl with the tomatoes and basil.
3. Return skillet to the burner over medium heat and place water, grits and salt into pan. Stir until thick, approximately 5 minutes.
4. Place mushrooms mixture back into the pan and stir until warmed. Serve immediately.

**Tips:**

- Polenta is very versatile. make plain (without above vegetables) and serve with marinara sauce; or serve with pesto; or add grilled onions and chopped spinach.

Nutritional Information per

▼ Serving

**Calories:** 278  
**Total Fat:** 2g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 776mg  
**Total** 60g  
**Carbs:**  
**Dietary Fiber:** 8g  
**Sugar:** 8g  
**Protein:** 10g