



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Polenta Sausage Bowl

From *BHG.com*

Serves 4

- 1 16-ounce tube polenta
- 2 medium zucchinis, halved lengthwise
- 1 tablespoon extra virgin olive oil
- 1 pound bulk Italian sausage
- 8 ounces sliced mushrooms
- 1 cup grape tomatoes or 1 14.5 oz can of diced tomatoes, drained
- 1 teaspoon Italian seasoning
- Parmesan cheese

Preheat broiler. Lightly grease baking sheet. Cut polenta in 12 slices. Place polenta and zucchini on baking sheet. Brush with oil; sprinkle with salt and pepper. Broil 4 to 5 inches from heat for 8 to 10 minutes, until polenta is lightly browned and zucchini is crisp-tender; turning once. Meanwhile, in large skillet cook and break up sausage over medium heat until sausage begins to brown. Drain off fat. Add mushrooms, tomatoes, and seasoning to skillet; cook for 5 minutes, until meat is no longer pink. Slice zucchini crosswise and spoon sausage mixture and zucchini over polenta. Sprinkle with cheese.

Polenta is available in the bulk and grocery sections of Oryana and can be made from scratch. Follow the package directions or if using bulk, refer to our *Beans, Grains and Rice Cooking Guide* for cooking instructions.

Nutrition: Calories 547, Total Fat (g) 40, Saturated Fat (g) 13, Cholesterol (mg) 86, Sodium (mg) 1340, Carbohydrate (g) 26, Fiber (g) 3, Protein (g) 23, Vitamin A (DV%) 0, Vitamin C (DV%) 55, Calcium (DV%) 5, Iron (DV%) 15