

## Polenta Lasagna

### For the polenta:

8 cups vegetable stock  
2 cups coarsely ground yellow cornmeal  
1 Tbsp salt

### For the Sauce:

2 Tbsp extra virgin olive oil  
1 each yellow onion, diced  
1 each carrot, diced  
1 each celery stalk, diced  
2 cloves garlic, minced  
¼ tsp dried thyme  
¼ tsp dried rosemary

1 each bay leaf  
½ lb textured vegetable protein (TVP), prepared  
½ cup dry red wine  
¾ cups tomatoes, diced, canned

1 pinch salt, to taste  
1 pinch pepper, to taste

### For the lasagna:

2 cups mozzarella cheese, part skim, low moisture, grated  
½ cup Parmesan cheese, reduced fat, grated



## Procedure

### To make the polenta:

- 1 In a large saucepan, bring the chicken stock to a boil. Slowly add the cornmeal in a thin, steady stream while whisking constantly to prevent lumps, then add the salt.
- 2 When the polenta begins to bubble, reduce the heat to low and continue to cook, whisking steadily, until the mixture is thick and pulls away from the pot, 15-20 minutes.
- 3 Oil two 8-inch square baking pans and pour the polenta into them, dividing equally. Use a rubber spatula moistened with water to spread the mixture and flatten it evenly.
- 4 Once it has cooled, place it in the refrigerator until firm, at least one hour. The polenta can be made a day in advance and kept in the fridge covered with plastic wrap.

### To make the sauce:

- 1 In the meantime, heat the olive oil in a large Dutch oven or saucepan over medium heat.
- 2 Add the onion, carrot and celery and sauté until tender, about 10 minutes. Add the garlic and cook for another minute.
- 3 Add the textured vegetable protein (TVP) and stir to break up any lumps.
- 4 Add the wine and bring to a rapid boil for 2 minutes. Add the tomatoes, herbs, bay leaf, and salt and pepper to taste.
- 5 Return the sauce to a boil, reduce the heat to low and let simmer, uncovered for 45 minutes until the sauce is slightly thickened.

### To make the lasagna:

- 1 Preheat the oven to 400° F. Grease a large rectangle baking dish.
- 2 Cut the polenta into eight 4-inch squares and place half of the squares in the bottom of the rectangle baking dish.
- 3 Spoon half of the sauce evenly over the polenta squares and top with half of the mozzarella and half of the Parmesan-Reggiano.
- 4 Arrange the remaining 4 polenta squares on top and cover with the remaining sauce, mozzarella and Parmesan-Reggiano cheeses.
- 5 Bake for about 40 minutes, or until the cheese melts and the sauce is bubbling. Let the casserole stand for minutes before serving.

Servings: 4

## Nutrition Facts

Serving size: 1/4 of a recipe (26.2 ounces).

Amount Per Serving	
<b>Calories</b>	807.34
Calories From Fat (30%)	241.03
% Daily Value	
<b>Total Fat</b> 27.39g	<b>42%</b>
Saturated Fat 10.47g	<b>52%</b>
Cholesterol 46.64mg	<b>16%</b>
Sodium 2822.32mg	<b>118%</b>
Potassium 2250.35mg	<b>64%</b>
<b>Total Carbohydrates</b> 80.63g	<b>27%</b>
Fiber 17.4g	<b>70%</b>
Sugar 14.61g	
<b>Protein</b> 55.31g	<b>111%</b>

## Recipe Type

Vegetarian

## Source

Source: The Daring Gourmet

Web Page: [www.daringgourmet.com/2013/02/18/polenta-lasagna/](http://www.daringgourmet.com/2013/02/18/polenta-lasagna/)

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## Images

