

Hearty Polenta & Sausage

Adapted from Glorious One Pot Meals - Elizabeth Yarnell

2 servings

Preheat oven to 450 °F

½ c steel cut, whole grain cornmeal
1 ½ c water or broth
4-8 cloves garlic, minced
2-3 spicy, lean chicken sausages
4-8 shitake, sliced
½ yellow bell pepper, cut triangles
1 carrot, thinly sliced
1 tsp basil, dried or Tbsp fresh
1 bunch (approx.. 2 handfuls kale) deveined, chopped
Salt & pepper to taste
3 Tbsp Parmesan cheese, grated

Spray inside of 2 quart Dutch oven and lid with olive oil. Place polenta in bottom of pot, add liquid, smooth grain into a layer and sprinkle in a large pinch of garlic. Add sausages. Layer in mushrooms, pepper, carrot and sprinkle with more garlic. Add salt and pepper and ½ the basil. Add kale and the rest of the garlic and basil. Cover, bake for 45 minutes. Serve with Parmesan cheese.

NOTE: My favorite sausage to use is Isernios lean Italian chicken sausage – I prefer to use the bulk, ground sausage versus links.

