

Polenta Squares with Spaghetti Sauce

LO CAL / LO FAT / LO CHOL / HI FIB

PREP: 25 MIN; CHILL: 1 HR; BROIL: 6 MIN

4 SERVINGS

Polenta is a thick, creamy Italian dish that is also called cornmeal mush. Serve with a salad of mixed greens splashed with a low-fat Italian dressing and a twist of freshly ground pepper.

- 1 cup cornmeal
- 1 cup chicken broth, vegetable broth or water
- 3 cups boiling water
- 1/2 teaspoon salt
- 2 tablespoons grated Parmesan cheese
- Cooking spray
- 1 cup fat-free spaghetti sauce
- 2 tablespoons chopped fresh or 1 teaspoon dried basil leaves
- 1/2 cup shredded reduced-fat mozzarella cheese (2 ounces)

Mix cornmeal and broth in 2-quart saucepan. Stir in boiling water and salt. Cook over medium-high heat, stirring constantly, until mixture thickens and boils; reduce heat. Cover and simmer 10 minutes, stirring frequently; remove from heat. Stir in Parmesan cheese.

Spread polenta in ungreased nonstick square pan, 8×8×2 inches. Cover and refrigerate about 1 hour or until firm.

Set oven control to broil. Line broiler pan with aluminum foil. Cut polenta into 4 squares. Spray both sides of polenta squares with cooking spray; place in broiler pan. Broil with tops about 4 inches from heat about 2 minutes on each side or until light brown.

Spoon spaghetti sauce over polenta squares in pan. Sprinkle with basil and mozzarella cheese. Broil about 2 minutes or until cheese is melted.

1 Serving: Calories 190 (Calories from Fat 35); Fat 4g (Saturated 2g); Cholesterol 10mg; Sodium 870mg; Carbohydrate 33g (Dietary Fiber 3g); Protein 9g
% Daily Value: Vitamin A 6%; Vitamin C 2%; Calcium 14%; Iron 10%

Diet Exchanges: 2 starch, 1 vegetable

