

Polenta Lasagna

Serving Size: 1/6 of recipe

Serves: 6

Meat Sauce Ingredients

1 pound 95% lean ground beef
1 clove garlic, minced
4 large tomatoes, diced
1 small yellow onion, diced
½ cup sliced mushrooms
a pinch of salt
1 teaspoon ground black pepper
2 tablespoons fresh basil, chopped
1 tablespoon fresh oregano, chopped

Polenta Ingredients

4 cups low sodium vegetable stock
1 cup yellow cornmeal
½ cup Parmesan cheese, grated
½ cup low fat cottage cheese (reserved)

Directions

Brown the beef in a medium skillet. Stir in the next eight ingredients and simmer 2-3 minutes to blend flavors. Reserve.

Preheat the oven to 350 degrees. Spray a 9 inch square baking dish with cooking spray.

In a large pot, heat the vegetable stock to boiling. When it is at a rolling boil, gradually whisk in the cornmeal, making sure there are no lumps. Reduce heat to low and simmer, stirring constantly until thick, about 5 minutes. Remove from heat and stir in the Parmesan cheese.

Spread a thin layer of the meat sauce on the bottom of the baking dish. Then spread a thin layer of the polenta mixture. Repeat with another layer of sauce. Then spread a thin layer of the reserved cottage cheese. Then a thin layer of the remaining polenta. Then top with remaining sauce. Garnish with a little parmesan.

Bake for 10 minutes in the preheated oven, or until sauce is bubbling.

Exchanges per serving:

2 Lean Meats, 1 Starch, 2 Vegetables, 1 Fat

Nutrients per serving:

Calories: 270

Calories from fat: 65

Total Fat: 7g

Saturated Fat: 3g

Cholesterol: 54mg

Sodium: 303mg

Carbohydrate: 26g

Dietary Fiber: 4g

Protein: 25g