

Vegetarian Polenta Pie

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-polenta-pie-recipe>

Ingredients:

- extra-virgin olive oil as needed
- 1 package polenta /roll of cooked, room temperature
- 1 red onion medium, sliced thin
- 1 cup artichoke hearts if frozen, thaw first
- 2 cups baby spinach leaves or sliced zucchini
- 3 tomatoes medium vine-ripe, sliced thick
- 1/2 cup Kalamata olives or green or black, sliced
- 4 cloves garlic chopped
- balsamic vinegar
- oregano
- thyme
- basil
- Sea salt and fresh ground pepper, to taste
- sea salt
- jack
- 8 ounces vegan cheese
- Parmesan

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 10 milligrams
4. Fat: 24 grams
5. Fiber: 10 grams
6. Protein: 17 grams
7. SaturatedFat: 7 grams
8. Sodium: 1400 milligrams
9. Sugar: 21 grams

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