

Italian Polenta Pie

Yield: 8 min
Total Time: 65 min

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

Ingredients:

- 1 1/2 cups polenta
- 6 cups water
- 3 teaspoons fine grain sea salt
- eggplant mixture
- 2 eggplants large, about 2 1/2 lb / 1.2 kg, cubed, not sure how to cube an eggplant? Look here
- 2 cloves garlic minced
- 1 handful fresh basil leaves chopped
- 29 ounces tomato sauce
- 1 tablespoon olive oil
- 2 teaspoons fine grain sea salt
- 1/2 cup water
- mozzarella cheese or vegan cheese
- fresh basil
- red pepper flakes optional

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 8 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1980 milligrams
9. Sugar: 13 grams

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