

Puttanesca Sauce over Grilled Polenta

Puttanesca sauce is a favorite in my house. Puttanesca is usually a spicy sauce using seasonal vegetables. We get many of tonight's "seasonal" vegetables year-round in our supermarkets.

This version of Puttanesca sauce also has some plant-based Italian sausage thrown in to ratchet up the spicy element.

We'll use leftover polenta and marinara sauce tonight.

Preparation Time: 45 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add. Just a little preparation makes a difference when cooking a meal.

Sausage

Plant-based Choice:

1 Field Roast Apple Sausage (or equivalent plant-based choice)

Side Salads and Dressing

2 C. spinach leaves (chopped)
1/2 C. cucumber (chopped)
10 cherry tomatoes (halved)
1 T. sunflower seeds (toasted)

Honey Mustard Dressing:

2 T. olive oil
3 T. Balsamic vinegar
1 tsp. prepared mustard
1/2 tsp. honey
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/3 C. low-sodium vegetable broth

Puttanesca Sauce

Mushrooms, Zucchini and Carrots:

2 tsp. olive oil
6 medium mushrooms (sliced)
1 tsp. olive oil
1 small 6" zucchini (sliced into rounds)
1 tsp. olive oil
1 medium carrot (sliced diagonally)

Seared Vegetables and Additions:

1 tsp olive oil
2/3 C. yellow onion (sliced)
1/2 of a green pepper (cut into 1" chunks)

4 Kalamata olives (chopped)
2 T. capers
1 - 1/2 cups marinara sauce (leftovers)
2 cloves garlic (smashed and chopped)
dash of Tabasco sauce

Grilled Polenta:

two 4" squares grilled polenta (leftovers)

Garnish:

2 T. shredded Parmesan

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by browning the sausage of choice now. Allow to cool and slice before adding to the sauce. When cooking plant-based sausages, brown the entire package. Store leftover cooked sausages in the fridge.

Salads, Honey/Mustard Dressing

Make green salads on individual plates.

Honey Mustard Dressing:

Combine all ingredients in a small jar with a tight-fitting lid and shake well.

Mushrooms, Zucchini and Carrots for Puttanesca

1. Measure 2 tsp. olive oil into a sauté pan and brown mushrooms in hot oil. Remove from pan and set aside.
2. Using same pan, add another tsp. olive oil and brown zucchini on both sides until brown spots begin to appear. Remove from pan.
3. Place carrots in top of a steamer pan over 3/4 C. water. Steam carrots 4 minutes once water boils. Remove from heat and shock with cold water.

Seared Vegetables and Additions for Puttanesca

1. Sauté onion and green pepper in olive oil until onions begin to brown.
2. Add chopped olives, capers, leftover marinara sauce, garlic and Tabasco. Return to a boil and return all vegetables and sliced sausage to the pan.
3. Toss for about a minute to thoroughly reheat and serve with warm, grilled polenta.

Leftover Polenta/Plate the Meal

Leftover Polenta:

If not previously grilled, grill polenta on stovetop using a ribbed griddle until golden brown.

- or -

Warm leftover grilled polenta squares in the microwave for 2 minutes.

Plate the meal:

Cut warmed rectangles of polenta diagonally into triangles. Plate 3 triangles per serving on individual serving plates and cover with 2 C. Puttanesca Sauce. Top with shredded Parmesan.

What I've Learned from this Recipe

When cooking elements like polenta, I often make enough for two meals. Tonight's chilled polenta from the fridge is an example of how easily leftovers become part of another meal.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com