

A Fast-Friendly RECIPE from
ByziMom.com

Baked Polenta



This dish is perfect for a Sunday brunch during the Dormition fast when tomatoes and basil are at their peak!

It's also a perfect dish to take along to a potluck since it can be made in advance and served at room temperature.

Ingredients

- 1 cup cornmeal
- 4 cups water
- 1 tablespoon salt
- 2 Tbsp nutritional yeast
- 1 teaspoon onion or garlic powder (optional)
- 3-4 ripe red tomatoes
- Large handful of fresh basil, chopped
- Salt & lots of black pepper

Preparation

1. **Chop the tomatoes and basil and combine them together in a mixing bowl. Season with salt and lots of black pepper.**
2. **Combine the water, cornmeal, salt, and seasonings in a saucepan and whisk well to combine. Continue to whisk as you bring the mixture to a boil. Once it thickens, pour it into a parchment-lined baking dish.**
3. **Sprinkle the tomato-basil mixture over the top of the polenta and bake at 400 degrees for 30 minutes.**
4. **Allow to cool slightly before serving. (Those tomatoes can get really hot)**

Tips

Top your polenta with sauteed greens and mushrooms before baking, or maybe a tapenade of black olives, or caramelized onions. or diced peppers, onions and corn!