

Upside Down Polenta Casserole

Marci Theis - Dayton's St Cloud

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 8

*1 pound bulk pork sausage
1 cup chopped onions
1 can (16 ounce) tomatoes, cut up
1 can (8 ounce) tomato sauce
1 can (4 ounce) sliced mushrooms, drained
1 teaspoon salt (to taste)
1/4 teaspoon dried oregano leaves, crushed
1/8 teaspoon garlic powder
dash pepper
3/4 cup all-purpose flour
3/4 cup cornmeal
3/4 cup grated Parmesan cheese
1 tablespoon sugar
1 tablespoon baking powder
3/4 teaspoon salt (to taste)
3/4 cup milk
3 tablespoons vegetable oil
1 egg, well beaten
4 ounces (one cup) shredded Cheddar cheese
2 tablespoons snipped fresh parsley*

Preheat the oven to 400 degrees.

In a saucepan, cook the sausage and onion until the meat is brown and the onion is tender. Drain. Stir in the undrained tomatoes, tomato sauce, mushrooms, one teaspoon of salt, oregano, garlic powder and pepper. Heat to boiling. Reduce the heat. Cover and simmer for 5 minutes.

Meanwhile, in a medium bowl, stir together the flour, cornmeal, Parmesan cheese, sugar, baking powder and 3/4 teaspoon of salt. Add the milk, oil and eggs, stirring until combined.

Spread the batter into a 9x13x2-inch baking dish. Spoon the tomato mixture over the batter.

Bake about 20 minutes. Sprinkle with cheese and parsley.

Bake for 5 minutes longer.

(The casserole is easiest to cut if cooled for a few minutes.)

Pork

Per Serving (excluding unknown items): 449 Calories; 28g Fat (55.7% calories from fat); 22g Protein; 28g Carbohydrate; 2g Cholesterol; 881mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other C