

Pork

Polenta Rounds with Sausage Ragout

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Servings: 4

Start to Finish Time: 25 minutes

1 pound bulk Italian Sausage

1 clove garlic, minced

2 cans (14 1/2 oz) diced tomatoes with basil, oregano and garlic, drained

1/8 teaspoon pepper

1/4 cup fresh basil, minced

1 tube (1 pound) polenta, cut into 1/2-inch slices

1/4 cup olive oil

1/2 cup Parmesan cheese, grated

In a large skillet, cook the sausage and garlic over medium heat until no longer pink. Drain.

Stir in the tomatoes and pepper. Cook and stir for 4 to 5 minutes or until heated through.

Remove from the heat.

Stir in the basil.

In another skillet, cook the polenta slices in oil over medium-high heat for 3 to 4 minutes on each side or until lightly browned.

Serve with the sausage mixture.

Sprinkle with cheese.

Per Serving (excluding unknown items): 229 Calories; 17g Fat (65.2% calories from fat); 6g Protein; 14g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 186mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 3 Fat.