

Polenta with Spicy Italian Sausage

Polenta:

- 1 c cornmeal, stone ground
- 2 c milk in 4 c water
- ½ tsp salt
- 2 Tbsp sesame oil
- ¼ - ½ c parmesan or romano, shredded

Topping:

- ½ lb lean chicken Italian sausage
- 2 Tbsp avocado or sesame oil
- 8-10 medium mushrooms, sliced
- 1 small sweet onion, diced
- 6 roma tomatoes, diced
- ½ c red wine
- 3 Tbsp fennel, sliced
- 1 tsp dried thyme
- ½ tsp cayenne
- 1 medium crockneck squash, chopped
- 3-4 large leaves kale, deveined, chopped
- Small bunch chives, sliced

Polenta: Place water, milk, salt and oil in saucepan; bring to gentle boil. Add cornmeal slowly, while stirring rapidly to avoid clumping. Continue stirring slowly for approximately 30 minutes, keeping mixture gently bubbling. Add shredded cheese when nearly thickened and continue to cook until it becomes very thick.

Topping: Heat skillet. Break sausage into small pieces and cook until done. Set aside. Pour 2 Tbsp oil in hot skillet; add mushrooms and cook to brown. Add onions; cook until soft. Add tomatoes, herbs and cayenne; cook approximately 20 minutes to caramelize. Add wine to keep from sticking. Add cooked sausage and the remaining ingredients and sauté approximately 5 minutes. Add more wine if becomes too dry.

Spoon polenta into individual bowls and top with sausage vegetable mixture. Top with chopped chives, fresh ground black pepper and more grated cheese, if desired.

