



Polenta Board

Recipe By MICHAEL McMURTREY

SERVES: 4-6

INGREDIENTS:

- | | |
|--|--|
| <input type="checkbox"/> 1 cup parsley, <i>chopped</i> | <input type="checkbox"/> 8 oz. mushrooms, <i>sliced</i> |
| <input type="checkbox"/> ¼ cup oregano, <i>chopped</i> | <input type="checkbox"/> 2 zucchini, <i>sliced</i> |
| <input type="checkbox"/> ¼ cup rosemary, <i>chopped</i> | <input type="checkbox"/> 1 bunch radishes, <i>sliced</i> |
| <input type="checkbox"/> 1 tbsp. Italian seasoning | <input type="checkbox"/> 1 bunch broccolini |
| <input type="checkbox"/> 2 tbsp. olive oil, <i>divided</i> | <input type="checkbox"/> 1 pt. grape tomatoes |
| <input type="checkbox"/> 12 plant-based meatballs | <input type="checkbox"/> 24 oz. jar Laura Lynn Pasta Sauce |
| <input type="checkbox"/> 4 plant-based Italian sausages | <input type="checkbox"/> 6-8 servings grits (polenta), <i>package directions</i> |
| <input type="checkbox"/> 1 fennel bulb, <i>chopped</i> | <input type="checkbox"/> 8 oz. plant-based cheddar shreds |
| <input type="checkbox"/> 1 tsp. lemon zest | <input type="checkbox"/> 7 oz. plant-based cream cheese |
| <input type="checkbox"/> 1 red pepper, <i>chopped</i> | <input type="checkbox"/> 4 oz. plant-based butter |
| <input type="checkbox"/> 1 yellow pepper, <i>chopped</i> | <input type="checkbox"/> 1 oz. pine nuts, <i>optional</i> |
| <input type="checkbox"/> 1 green pepper, <i>chopped</i> | |
| <input type="checkbox"/> ½ red onion, <i>chopped</i> | |

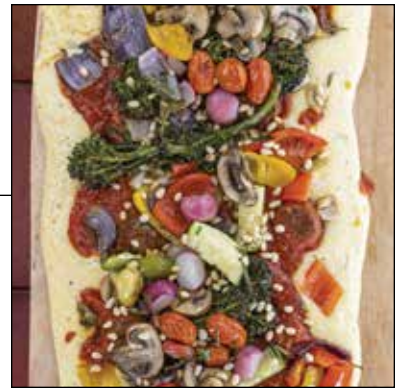
DIRECTIONS:

- ☐ 1. Preheat oven to 425°F.
- ☐ 2. In a small mixing bowl, combine parsley, oregano, rosemary, and Italian seasoning; mix well. Set aside.
- ☐ 3. In a large mixing bowl, add meatballs and a large pinch of the herb mixture, along with a splash of olive oil. Toss to coat and add them to a sheet pan.
- ☐ 4. In the same mixing bowl, add your sausages, another large pinch of herbs along with a splash of olive oil and toss to coat. Add these next to the meatballs on the sheet pan.
- ☐ 5. In the same bowl, add your fennel and lemon zest. Toss to coat and add next to the sausages.
- ☐ 6. Again, in the same bowl, add the peppers and onion, more herb mixture, a splash of olive oil and toss to coat. Place next to the fennel. Set this sheet pan aside.
- ☐ 7. Just like before, in the same bowl, add mushrooms, herbs, and olive oil, toss, and add to second sheet pan.
- ☐ 8. Continue this step individually with the zucchini, radishes, broccolini, and tomatoes until this sheet pan is full.
- ☐ 9. Place the first sheet pan in the oven top rack.
- ☐ 10. Start making your grits, following the package directions, and warming the pasta sauce in a saucepan.

(Continued)

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DIRECTIONS CONTINUED:

- ☐ 11. After about 10-13 min., you want to add your second sheet pan to the oven on the rack below the first.
- ☐ 12. After about 20-25 min., you will remove both of the sheet pans from the oven. You want the items to develop a little bit of a char so you might need to leave them in longer, depending on your oven.
- ☐ 13. Place meatballs and sausage into the pasta sauce to keep warm and coat.
- ☐ 14. Stir in the cream cheese, cheddar, and butter to the finished grits (polenta).
- ☐ 15. Once those ingredients are incorporated, pour them onto a clean board making sure they don't drip off the side. If you feel the grits are too runny, let them sit a bit to firm up.
- ☐ 16. Now, place all the meat and veggies on top of the grits in random order. (You may not have room for all the veggies)
- ☐ 17. Once you have enough, garnish with pine nuts, bring to your table, give everyone a spoon, and dig in.

Make this your own by choosing the toppings you like best!

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