



Recipes > Parmesan Polenta and Spicy Sausage Sauce

Parmesan Polenta and Spicy Sausage Sauce



Photo: Iain Bagwell; Styling: Cindy Barr

Top creamy polenta with a spicy tomato sauce filled with fresh herbs and sun-dried tomato chicken sausage.

★★★★☆ *Worthy of a special occasion*

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Yield: 4 servings
Total: 40 Minutes

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Recipe Time

Total: 40 Minutes

Nutritional Information

Amount per serving

Calories: 311

Fat: 10.0g

Saturated fat: 3.2g

Monounsaturated fat: 4.8g

Polyunsaturated fat: 1.5g

Protein: 16.4g

Carbohydrate: 31.5g

Fiber: 5.3g

Cholesterol: 41.3mg

Iron: 1.8mg

Sodium: 644mg

Calcium: 170mg

[Nutrition Guidelines for Healthy Living](#)

Ingredients

- 1 tablespoon olive oil
- 6 ounces (2 links) sun-dried tomato chicken sausage (such as Al Fresco), sliced
- 1 cup chopped onion
- 3 garlic cloves, minced
- 1 tablespoon chopped fresh oregano
- 1/2 teaspoon crushed red pepper
- 2 (14.5-ounce) cans no-salt-added diced tomatoes, undrained
- 1/2 cup chopped fresh basil, divided
- 2 cups fat-free, lower-sodium chicken broth
- 1 cup water
- 3/4 cup quick-cooking polenta
- 1/2 cup grated Parmesan cheese, divided

Preparation

1. Heat a medium saucepan over medium-high heat. Add oil to pan, swirling to coat. Add sausage; sauté for 3 minutes or until browned. Add onion; sauté for 5 minutes or until tender. Add garlic; sauté 30 seconds. Add oregano, pepper, and tomatoes; bring to a boil. Reduce heat, and simmer 15 minutes, stirring occasionally. Add 1/4 cup basil to pan; cook 5 minutes or until sauce thickens.
2. Combine broth and water in a large saucepan; bring to a boil. Add polenta; reduce heat, and simmer 5 minutes or until thick, stirring frequently with a whisk. Stir in half of cheese. Place 2/3 cup polenta in each of 4 bowls; top with about 3/4 cup sauce. Top each serving with 1 tablespoon basil and 1 tablespoon cheese.

Hannah Klinger, **Cooking Light**
MAY 2011

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Worthy of a special occasion

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27 Reviews

dani3939

I loved this recipe! I couldn't find "quick-cooking polenta" so I just used a tube of the prepared polenta and simmered that on medium with one can of fat free chicken broth, using a hand potato masher to cream the polenta. Was easy and came out great!! Everything else with the recipe was right on point!

Outstanding 09/22/11

Zamboni

I really enjoyed this dish, as did my boyfriend. I did simmer the sauce longer than the recipe called for (before I added the basil), and I cheated a bit and used the roll of polenta instead because I couldn't find any quick-cooking polenta and I needed to cook this quickly. Still, it was awesome. I did add some tomato paste as other reviewers suggested. I used a bit more chicken sausage than called for, and I got bulk spicy Italian chicken sausage which was awesome. We both loved it and I'll definitely make it again, although I will do the polenta myself next time instead of cheating.

Worthy of a special occasion 09/15/11

nhraven

Having a vegetarian grandson over, I made this with a soy chorizo and vegetable broth instead of chicken broth. Everybody thought it was delicious. I did think the polenta was a bit stickier than I expected. I used 'instant' polenta rather than 'quick cooking' so perhaps that was the difference.

Good, solid recipe 09/05/11

LisaEJ

Very flavorful recipe! Fresh basil and good parmesan really intensify the flavors. My husband is a little picky and I have never made polenta for him before, but he really enjoyed this. We made the recipe as suggested, with the sauteed spinach and pine nuts. Served it with a crisp Sauvignon Blanc....delicious! I will make this again. It was too spicy for my kids, so had to come up with an alternate menu for them. That was the only downfall I could find.

Worthy of a special occasion 08/01/11

sdonahue

Delicious & easy. I couldn't find the exact sausage so settled on another smoked chicken sausage with mozerella in it and added chopped sundried tomatoes to the sauce. The red wine mentioned by other reviewers would be a good addition and I will definitely try next time. This is my new favorite way of cooking polenta - turned out much better than recipes I've tried using half milk/half water as the liquid!

★★★★★ *Worthy of a special occasion* 07/14/11

phxgudes

Good recipe - used Trader Joe chicken sausage (precooked) quantity as directed and a bag of sliced cremini mushrooms, doubled oregano, increased garlic by several gloves. Added white wine to the onion/mushrooms, let it cook down then added garlic, etc. Put all of parm cheese in polenta with 1/4 teas of ground black pepper and it cut the chicken broth flavor. Since it was just me and hubby, had plenty for leftovers. Sauce was better second day. Cut leftover polenta and fried it in pan coated with cooking spray. 23 yr old son (picky eater) joined us for leftovers and loved it. Avoided hi sodium additions listed in other posts and it was fine.

★★★★★ *Worthy of a special occasion* 07/09/11

carhearn

Super yummy! I add a few dried Italian seasonings along with the fresh. My family loves the polenta.

★★★★★ *Outstanding* 07/09/11

spounds

I usually eat my mush fried, but this was very tasty. I made the recipe as written, but couldn't find the dried tomato sausage so used Italian chicken sausage instead.

★★★★★ *Outstanding* 06/28/11

julie1970

I made this as directed except that I had a different flavor chicken sausage because they didn't have sun-dried tomato at the store and that I accidentally dumped in more red pepper flakes. I thought it was great, even with the extra kick from the pepper (or maybe because of that!). Served with a salad and was a big hit. Definitely will make again.

★★★★★ *Worthy of a special occasion* 06/25/11

ChefAmandaLynn

Perfect amount of spice. I used 3 links of sausage rather than the 2 in the recipe and simmered the sauce for 30 minutes rather than 15.

★★★★★ *Outstanding* 05/31/11

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