

Polenta Lasagna with Zucchini & Herby Ricotta

We're bringing two of Italy's favorites together in this cozy dinner. With creamy polenta in place of noodles, plenty of sautéed veggies, and a delicate marina, this dinner is a winner.

35 Minutes to the Table

25 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1Tbsp per svg)

5 MEEZ CONTAINERS

Zucchini, Tomato &
Onion
Polenta
Herby Ricotta Sauce
Shredded Italian
Cheeses
Marinara Sauce

Add Protein Cooking Instructions

Integrate into recipe: While the lasagna is in the oven in step 4, cook the protein (per instructions below) and serve alongside the lasagna.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 590 Calories, 22g Protein, 37g Fat, 49g Carbs, 20 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tomato, Zucchini, Polenta, Cream, Yellow Onion, Yellow Pepper, Ricotta, Mozzarella, Provolone, Red Onion, Pecorino Romano, Basil, Parmesan, Kosher Salt, Olive Oil, Sugar, Tomato Paste, Oregano, Black Pepper, Fennel

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1. Getting Started

Preheat your oven to 425 degrees. Spray or lightly brush a large casserole dish with oil.

2. Sauté the Veggies

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Zucchini, Tomato & Onion** and cook until the zucchini starts to char, about 5 to 6 minutes. Remove from the heat and set aside.

3. Cook the Polenta

Add 1¾ cups water to a saucepan and bring to a boil. Slowly whisk the **Polenta** into the boiling water and continue whisking the mixture until there are no clumps, about 1 minute. Reduce the heat to medium and add 2 Tbsp butter and a sprinkle of salt & pepper. Stir until the butter melts and remove from the heat.

4. Bake the Lasagna

Spread half of the cooked polenta in an even layer on the bottom of your casserole dish. Spread half of the **Herby Ricotta Sauce** (the liquid sauce that is white) over the polenta, then all of the sautéed veggies. Top with the remaining polenta, remaining herby ricotta sauce, and finally the **Shredded Italian Cheeses**. Bake until the cheese starts to brown, about 15 minutes. Remove from the oven and let rest for at least 5 minutes.

5. Put it all Together

While the lasagna is baking, wipe out the now-empty saucepan and return to the stove over medium heat. Add the **Marinara Sauce** and cook until it begins to bubble, then lower the heat to low and simmer until the lasagna is ready to serve. Top the lasagna with a generous helping of marinara and enjoy!

We recommend an 8x8 or similar sized casserole dish.

You may have heard polenta takes hours to cook. We're using a quick-cook version this week.

Instructions for two servings.

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