

# Baked Polenta with Gouda & Mozzarella

Comfort food, vegetarian style. We're pairing mushrooms and butternut squash and baking them with plenty of gouda and mozzarella over polenta rounds. The result is a casserole the whole family will love.

**50** *Minutes to the Table*

**35** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl  
Oven-Safe Casserole  
Dish

### FROM YOUR PANTRY

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

### 5 MEEZ CONTAINERS

Butternut Squash  
Seasoned Onions  
Polenta  
Mushrooms  
Cheese & Green Onions

## Good to Know

This dish is a great make-ahead dinner. Assemble the casserole in advance, then bake 20 minutes before dinner for a hassle-free meal.

**Health snapshot per serving** – 380 Calories, 14g Protein, 43g Carbs, 18g Fat, 11 Freestyle Points.

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

INGREDIENTS: Butternut Squash, Polenta, Mushrooms, Red Onion, Gouda, Mozzarella, Green Onion, Sage, Thyme, Black Pepper.

**meez** *meals*

## 1. Getting Organized

Preheat oven to 400 degrees. Spray or lightly brush a large oven-safe casserole dish with olive oil.

## 2. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot add the **Butternut Squash** and lightly salt and pepper. Cook until the squash is soft and starts to char, about 5 minutes. Add the **Seasoned Onions** (the package that does not contain cheese) and cook until they become translucent, about 2 to 3 minutes. Turn off the heat.

Remove half the veggies from the skillet and place into a large mixing bowl (leaving the other half still in the skillet).

## 3. Make the Mashed Butternut Squash

Add 1 Tbsp butter to the skillet and use a potato masher (or fork) to mash the squash into the consistency of mashed potatoes (lumps are OK). Spread the mashed squash evenly across the bottom of the oven-safe casserole dish and set aside. Wipe out the skillet and return it to the stove.

## 4. Sauté the Polenta Mushrooms

Cut the Polenta into approximately eight ¼" to ½" discs. Heat 2 Tbsp olive oil in the skillet on medium-high. When the oil is hot, spread the **Polenta** as a single layer, working in batches if necessary. Lightly salt and pepper the polenta and cook until it is golden and crisp on one side, about 5 minutes, then flip, salt and pepper the other side and cook until this is golden and crisp as well. Remove from heat and arrange the polenta on top of the mashed squash inside the casserole dish.

Without wiping out the pan, add the **Mushrooms** and cook over medium-high heat until they are golden brown, and the liquid has evaporated, about 5 to 7 minutes. Remove from the heat and layer the mushrooms on top of the cooked polenta.

## 5. Build, Bake and Serve

Stir half the **Cheese & Green Onions** into the mixing bowl with the veggies. Layer the veggie/cheese mixture on top of the mushrooms. Sprinkle the remaining cheese & green onions on top. Bake, uncovered, until the cheese bubbles and starts to brown, about 15 minutes. Serve and enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**