

# LOVE THY CARROT

*real food made with love*

. . .

## BAKED POLENTA SWISS CHARD 'FRIES' WITH A SPICY TOMATO DIPPING SAUCE

---

SERVES 8 AS AN APPETIZER

### INGREDIENTS FOR THE POLENTA FRIES

- 1 1/2 cups chopped swiss chard, washed and dried
- olive oil for sauteing
- 1 small cooking onion
- 2 cups almond milk
- 3 cups water
- 2 cups medium or coarse polenta
- 1 1/4 tsp kosher salt
- 1/2 tsp ground black pepper

### INGREDIENTS FOR THE SPICY TOMATO DIPPING SAUCE

- 1 jar strained tomatoes, (I use the [Mutti Passata Strained Tomatoes](#))
- 1 tin chopped tomatoes, (I use the [Mutti Finely Chopped Tomatoes](#))
- 1/2 cup diced yellow onion
- 2 cloves of garlic, minced
- 2 teaspoons extra virgin olive oil
- 1/4 cup red wine
- 2 tbsp chopped fresh basil
- 1 tsp honey (or more to taste)
- 1/2-1 tsp red pepper flakes, (I like it really spicy to adjust to your taste)
- 1/2 tsp salt
- 1/4 tsp black pepper

## DIRECTIONS FOR THE POLENTA 'FRIES'

1. Cut the swiss chard into small bite sized pieces.
2. Melt the olive oil in a large saucepan, add the onion and cook on a medium heat for a few minutes, then add the chard and sauté for 5 minutes or until tender.
3. In a large saucepan bring the water and almond milk to a boil.
4. Once the liquid is boiling add in the salt, pepper and polenta. Whisk until thickened, cover and cook over a low heat for 10-20 minutes.
5. Grease a 9 x 13 glass baking pan with some olive oil and pour the polenta into the dish, flatten with the a large spoon or spatula.
6. Cover the polenta and refrigerate for a few hours or until firm. (You could do this a day ahead).
7. When the polenta has cooled and is firm cut into 'fries' and place on a baking sheet lined with parchment paper and lightly oiled.
8. Brush the polenta fries with olive oil and lightly sprinkle with coarse salt.
9. Bake in the oven for about 40 minutes, or until golden and crunchy on the outside, turn using a spatula after 20 minutes. You will know when they are ready when they turn golden
10. Serve hot with the warm and spicy dipping sauce.

## DIRECTIONS FOR THE SPICY TOMATO DIPPING SAUCE

1. In a large saucepan over medium high heat, heat the olive oil.
2. Add in the onion and garlic and stir around for about 3 minutes or until the onion has softened.
3. Add in the red wine and cook for another 3 minutes or until the wine comes to a boil.
4. Add in the tomatoes and the remaining ingredients and stir everything together.
5. Reduce the heat to low, cover with a lid and simmer for about 30 to 40 minutes.
6. Remove from the heat and serve with the hot polenta fries.

## COOKS NOTES

- The polenta can be prepared a day ahead then baked when needed.

- The tomato dipping sauce can also be made ahead then warmed when ready to use.