

Polenta Pizza

I created this recipe out of necessity. I got my braces at the age of 54. For the first five months my teeth were really sensitive. I couldn't chew pizza crust. I was looking for a way to make homemade pizza with a softer crust. Polenta is easy to chew and the flavor is pretty bland so it doesn't interfere with any of the flavors. Because it's not a bread dough, there is no oil in it and the baking sheet needs nothing but a little spray oil.

Polenta is nothing more than corn meal cooked with water. What I like about polenta is that it's already cooked, so you're not dealing with a pizza crust that has to rise. And there's no saturated fat in the polenta like there is in pizza crust. I buy pre-cooked polenta in a tube. It's usually found in the pasta aisle and doesn't need refrigeration. Once it's open it keeps quite a while in the fridge. Use whatever ingredients you like on your pizza. Keep the cheese to a minimum.

This makes one or several servings! It's up to you.

Spray cooking oil on a small cookie sheet or toaster oven pan. To make clean up easy, line the pan with tin foil and spray the foil with cooking spray. Put the following ingredients on a cookie sheet in the following order:

- Slices of pre-cooked polenta
- Canned pizza sauce
- Grated mozzarella cheese
- Sliced Portabella or other mushrooms
- Black or green olives
- Diced onion
- Diced green peppers
- Diced or minced garlic
- Anything else you like on your pizza
- A sprinkle of dried basil, oregano or Italian seasoning

For each personal pizza, cut 5 slices of polenta, each about 1/4 inch thick and 3" diameter. The slices should be round as you're cutting the tube of polenta the short way. Place the polenta on the cookie sheet in a daisy pattern with one slice in the center. Patch it together if you want to make a more solid crust. But it really doesn't matter.

Place about a tablespoonful or less of pizza sauce on each round and spread it around a bit.

Top with a little cheese, then soft ingredients like olives or mushrooms. Hard ingredients like onions and peppers should be on top as they need to cook the longest. Pile it high with as much vegetables as you want. There is no need for sausage or pepperoni.

Sprinkle with some oregano and or basil.

Bake it at 375 degrees for 20 minutes. Check on it and see if it needs to cook some more. Take it out when the onions look done or when the cheese just starts to turn a bit brown. Don't worry about waiting for the polenta to turn brown. It's already cooked. Slide the whole works onto a plate.