

Millet-Crusted Polenta Lasagna (Gluten-Free)

Ingredients

For the millet crust:

- 1 cup millet (dry)
- 2½ cups water
- ½ teaspoon salt
- 1 tablespoon olive oil

For the polenta layer:

- 1 cup cornmeal (medium-grind)
- 3 cups water
- ½ teaspoon salt
- 1 tablespoon olive oil

For the vegetable filling:

- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 zucchini, diced
- 1 red bell pepper, diced
- 1½ cups chopped spinach (fresh or frozen)
- 1½ cups crushed tomatoes or tomato sauce
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: 1 teaspoon Italian herbs or oregano

Topping (optional):

- ¼ cup grated parmesan or vegan cheese
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Instructions

Step 1 – Cook the millet crust:

1. Rinse the millet in a fine sieve under running water.
2. In a medium saucepan, bring 2½ cups water to a boil with ½ tsp salt.
3. Stir in millet, reduce heat to low, and cover. Let it simmer for 15–20 minutes until the water is absorbed and the millet is soft.
4. Turn off the heat, stir in 1 tablespoon olive oil.

5. Let it cool slightly, then press the millet into the bottom of a lightly oiled 8x8 or 9x9-inch baking dish to form a compact crust layer. Use a spatula or the back of a spoon to flatten evenly.
 6. Place the crust in the refrigerator while preparing the rest.
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Step 2 – Cook the polenta:

1. In another pot, bring 3 cups water and ½ tsp salt to a boil.
 2. Gradually whisk in the cornmeal to avoid lumps.
 3. Lower the heat and continue stirring until thickened — this takes about 10–12 minutes.
 4. Stir in 1 tablespoon olive oil and set aside.
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Step 3 – Prepare the vegetable filling:

1. In a skillet, heat 1 tablespoon olive oil over medium heat.
 2. Sauté the chopped onion and garlic for 2 minutes until translucent.
 3. Add diced zucchini and red bell pepper. Cook for another 4–5 minutes until softened.
 4. Stir in chopped spinach and cook until wilted (if using frozen, thaw and squeeze water first).
 5. Pour in crushed tomatoes and season with salt, pepper, and herbs. Simmer for 5 minutes, stirring occasionally.
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Step 4 – Assemble the lasagna:

1. Remove the millet crust from the fridge.
 2. Spread the cooked vegetable filling evenly over the millet base.
 3. Carefully pour and spread the warm polenta mixture on top of the vegetable layer. Smooth it out evenly with a spatula.
 4. Optional: Sprinkle grated cheese or vegan cheese over the top.
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Step 5 – Bake:

1. Preheat oven to 375°F (190°C).
2. Bake the assembled lasagna for 25–30 minutes, until the top is lightly golden and set.

3. Let it cool for 10 minutes before slicing to help layers firm up.

Benefits

- 100% gluten-free and corn-based, using whole grains (millet + cornmeal).
 - Rich in fiber, plant-based protein, and essential minerals.
 - Millet supports heart health and digestive health.
 - Excellent vegetarian main dish with layered textures.
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