



Makes 32 sticks + 1¾ cups dip

Preparation Time: 20 minutes

Cook Time: 1 hours 40 minutes

INGREDIENTS:

2 cups unsweetened, unflavored plant-based milk

1 cup dry polenta

¼ cup nutritional yeast

1 tablespoon flaxseed meal

4½ teaspoons white wine vinegar

1½ teaspoons lemon juice

2 teaspoons garlic powder

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

1 cup whole wheat bread crumbs

1 12-oz. package soft silken tofu (or 1 15-oz. can cannellini beans, rinsed and drained)

2 teaspoons onion powder

2 teaspoons chopped fresh parsley (or ½ teaspoon dried parsley)

2 teaspoons chopped fresh dill (or ½ teaspoon dried dill weed)

2 teaspoons chopped fresh chives (or ½ teaspoon dried chives)

Crispy Baked Polenta Sticks with Ranch Dip

Seasoned polenta sticks are rolled in bread crumbs and baked to crispy perfection for a deliciously dip-friendly snack. This recipe includes instructions for an easy homemade vegan Ranch Dip, but you can also substitute warmed [marinara sauce](#) to keep things easy. This recipe makes for a great [Thanksgiving appetizer](#) or a tasty midday treat to tide you over until dinner time.

By Darshana Thacker Wendel

- 1 In a medium saucepan bring milk and 2 cups water to boiling. Gradually whisk in polenta. Reduce heat to low; cook 25 minutes or until thick and creamy, stirring frequently. Add in nutritional yeast, flaxseed meal, 3 teaspoons white wine vinegar, the lemon juice, ½ teaspoon garlic powder, ½ teaspoon sea salt, and ¼ teaspoon black pepper; mix well. Cook and stir 3 minutes more.
- 2 On a baking sheet spread polenta mixture into an 8×6-inch rectangle that is ½ inch thick. Let cool 5 minutes. Cover and chill for at least 1 and up to 12 hours.
- 3 For Ranch Dip, in a blender combine the tofu, onion powder, and the remaining 1½ teaspoons each garlic powder and vinegar. Cover and blend until smooth and creamy. Season with salt and pepper to taste, and pulse to combine. Transfer dip to a bowl and stir in parsley, dill, and chives. Chill 1 hour before serving.
- 4 Preheat oven to 350°F. Slice chilled polenta in half lengthwise to make two long rectangles. Slice crosswise to divide each rectangle into 16 half-inch-thick sticks, for a total of 32 sticks.
- 5 Place bread crumbs in a shallow bowl. Dredge polenta sticks in crumbs until well coated. Arrange sticks on a baking sheet, spacing them at least ½ inch apart. Bake 20 minutes or until polenta sticks are crispy. Serve right away with Ranch Dip.