

Grilled Polenta with Tuscan-Style Vegetables

(Makes 4 servings)

(V) – This recipe is a vegan option recipe!

Ingredients:

- One tube polenta, plain or flavored (such as sun-dried tomato or mushroom) cut into 16 rounds, approximately 1/4-inch in width
- 1/4-cup fresh parsley or 2 tsp dried
- 1/4-cup fresh oregano or 2 tsp dried
- 1 Tbsp extra virgin olive oil
- 3 cloves garlic, minced
- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 1 medium white onion, cut into 1-inch pieces
- 1 medium zucchini, cut on the diagonal about 1/2-inch in width
- 2 large portobello mushrooms, cut into 1-inch thick strips
- 1 tsp dried parsley
- 1 tsp dried oregano
- Fresh ground pepper and salt to taste
- Optional: 1-cup marinara sauce, heated

Directions:

- 1) Heat a large grill-pan over medium-high heat. Coat with nonstick cooking spray. Heat another grill-pan or frying pan over medium-high heat and add olive oil.
- 2) Line polenta rounds across grill-pan and sprinkle half of the dried parsley and oregano over them. Grill until bottom of polenta leaves a grill mark. Do not flip until grill marks show.
- 3) While polenta is grilling, add minced garlic and onion to other pan and sauté for 4 minutes. Add bell pepper strips, zucchini, fresh parsley, fresh oregano, salt and pepper and sauté another 5 minutes. When bell peppers and zucchini are slightly crisp, add portobello mushrooms and sauté until a desired texture is reached. Season mixture with fresh ground black pepper.
- 4) At this point the polenta should have been flipped. Cook on other side until grill marks can be seen.
- 5) Serve each person 4 polenta rounds and top with 1/4 of sautéed vegetable mixture. Can top each plate with 1/4 cup marinara sauce if desired.

Nutritional Analysis: (per serving)

- Calories: 160 (28% of calories from fat)
- Total Fat: 5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 25 g
- Fiber: 5 g
- Cholesterol: 0mg
- Sodium: 470mg

Source:

Recipe provided by Melissa Stevens, MS, RD, LD, Nutrition Program Coordinator, Preventive Cardiology and Rehabilitative Services.