

## Creamy Polenta with Roasted Vegetables and Tomato Sauce

Serves 4

1 cup stoneground polenta (or grits)  
4 cups water or vegetable broth  
½ teaspoon Kosher salt  
¾ cup low fat cottage cheese  
1 onion, peeled and quartered  
2 cloves garlic, minced  
1 large eggplant, cut into 1/2-inch cubes  
2 zucchini, cut into 1/2-inch cubes  
2 red bell peppers, cut into ½-inch cubes  
Pinch of dried rosemary  
2 TBSP olive oil  
4 oz mushrooms, quartered  
Kosher salt and freshly ground black pepper, to taste  
2 cups baby spinach, rough chopped  
1 can (15 oz) crushed tomatoes  
Small jar of pimentos or roasted red peppers, drained  
Freshly ground black pepper to taste

Preheat oven to 350°.

In a medium saucepan, over medium-high heat, bring vegetable broth to a boil, stir in polenta. Reduce heat to a simmer. Cover. Cook, stirring frequently, until polenta is tender. Stir in cottage cheese and spinach. Season with salt and pepper.

For each vegetable—onion, eggplant, zucchini, bell pepper and mushrooms—place in a bowl and drizzle olive oil, salt, and pepper. Toss and spread on a parchment-lined baking sheet. Roast until fork-tender.

In a small saucepan, add olive oil over medium-high heat, cook garlic, stirring constantly. Add in crushed tomatoes, roasted peppers and rosemary. Stir well to break up peppers (or puree with an immersion blender or food processor). Cook until heated through and liquid is reduced a bit. Season with salt and pepper.

To serve, spoon polenta into a shallow bowl, top with mixed vegetables and a small drizzle of tomato sauce.

**Nutrition Information per Serving** Calories 382.3; Fat 9.9 g; Saturated Fat 2.4 g; Sodium 1178.3 mg; Fiber 11.2 g; Sugars 20.6 g; Added Sugars 0 g; Protein 20.6 g