



Roasted Polenta with Garden Vegetables

READY IN



120 min.

SERVINGS



6

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup basil leaves shredded finely
- ☐ 4 tablespoons butter
- ☐ 6 servings butter softened for the pan
- ☐ 4 cups chicken stock see
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons ground pepper black
- ☐ 0.5 pound mushrooms

- ☐ 0.8 cup olive oil
- ☐ 6 servings olive oil as needed
- ☐ 0.5 cup parmesan grated
- ☐ 2 cups polenta
- ☐ 2 bell peppers red cored seeded cut into 2-inch pieces
- ☐ 2 onions red cut into 1/ slices
- ☐ 1 tablespoon salt
- ☐ 6 servings salt and pepper
- ☐ 2 baby squash yellow cut into 1/ slices on the diagonal
- ☐ 2 zucchini cut into 1/ slices on the diagonal

Equipment

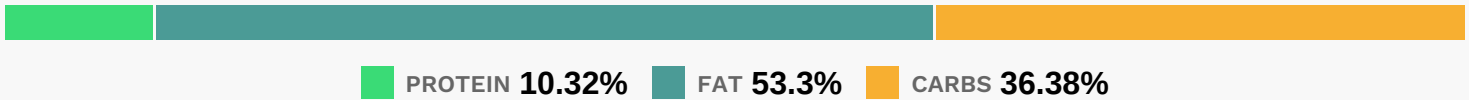
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Make the Polenta: Bring the chicken stock, butter, pepper, and salt to a boil in a heavy-bottomed pot. While whisking the hot stock in a quick circular motion, "rain" in the polenta by letting it stream through your fingers. (This will prevent lumping.)
- ☐ Reduce the polenta to a gentle simmer; it must be stirred constantly for 25 to 35 minutes to prevent lumps or scorching. Be very careful when stirring, the mixture is very hot (think lava) and can burn you if it boils and sputters. If it begins to boil cover the pot and reduce the heat until boiling stops!
- ☐ The polenta is cooked when it is no longer grainy and has become creamy. (My grandmother says good polenta takes 30 minutes, great polenta takes 1 hour).

- ☐ Stir in the Parmesan and basil and pour onto a buttered sheet pan to cool. When cool, cover with plastic wrap and refrigerate.
- ☐ Cut the polenta into any shape you desire that's structurally sound. In other words, a shape that won't fall apart on the grill easily, or be difficult to remove from the sheet pan after roasting. Squares, triangles, stars etc.
- ☐ Whisk together the vinegar and garlic. While whisking, drizzle in the oil to make a smooth dressing. Season with salt and pepper, to taste. Toss the vegetables with the marinade.
- ☐ When ready to serve, preheat an outdoor grill or indoor grill pan.
- ☐ Brush the polenta lightly on both sides with olive oil and grill, turning once, until the edges are brown and crispy.
- ☐ At the same time grill the vegetables until they are tender but still firm.
- ☐ Pile the vegetables on top of the polenta, then stand back and wait for the applause!

Nutrition Facts



Properties

Glycemic Index:91.25, Glycemic Load:26.6, Inflammation Score:-9, Nutrition Score:29.784348093945%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 3.99mg, Isorhamnetin: 3.99mg, Isorhamnetin: 3.99mg, Isorhamnetin: 3.99mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.26mg, Quercetin: 13.26mg, Quercetin: 13.26mg, Quercetin: 13.26mg

Nutrients (% of daily need)

Calories: 642.7kcal (32.13%), Fat: 38.91g (59.86%), Saturated Fat: 12.65g (79.03%), Carbohydrates: 59.75g (19.92%), Net Carbohydrates: 50.56g (18.39%), Sugar: 12.78g (14.2%), Cholesterol: 41.28mg (13.76%), Sodium: 1828.48mg (79.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.89%), Vitamin C: 80.03mg (97.01%), Vitamin A: 2327.06IU (46.54%), Vitamin B6: 0.91mg (45.58%), Manganese: 0.87mg (43.72%), Vitamin K: 45.23µg (43.08%), Fiber: 9.19g (36.77%), Vitamin B2: 0.62mg (36.71%), Phosphorus: 351.44mg (35.14%), Vitamin B3: 6.67mg (33.36%), Vitamin E: 4.63mg (30.89%), Potassium: 1054.39mg (30.13%), Folate: 114.44µg (28.61%), Magnesium: 110.91mg (27.73%), Vitamin B1: 0.41mg (27.01%), Copper: 0.52mg (25.99%), Iron: 4.04mg (22.45%), Zinc: 3.11mg (20.74%), Selenium: 13.7µg (19.57%), Calcium: 163.06mg (16.31%), Vitamin B5: 1.46mg (14.6%), Vitamin B12: 0.14µg (2.32%)