

Grilled Polenta with Roasted Vegetables

One tube polenta, sliced in 1 inch round circles
1 tsp dried oregano
1 tsp dried thyme
1 tsp dried rosemary
1 Tbsp extra virgin olive oil
3 cloves garlic, minced
1 tsp ground ginger
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 medium white onion, sliced
1 medium zucchini, chopped
2 large Portobello mushrooms, chopped
Fresh ground pepper and salt to taste
1 cup marinara sauce, heated
1 Tablespoon grated parmesan cheese (optional)

Prepare broiler. Combine vegetables in medium bowl and dress with 2 teaspoons olive oil and ginger. Place on baking sheet and place in oven on broil for 10-12 minutes. Meanwhile, heat 2 tsp olive oil over medium heat. Place polenta on pan and top evenly with oregano, thyme and rosemary. Cook until golden brown, about 5 minutes each side. Continue with above until all polenta is cooked. Remove vegetables. Place polenta evenly on plate, about four each, add vegetables, tomato sauce and parmesan cheese. Serve.

Serves 4.

Calories 210 Fat 7g Carbohydrate 34g Fiber 5g Protein 6g Sodium 430mg