

PARMESAN CORN POLENTA

with ROASTED VEGGIES

INGREDIENTS

FOR THE POLENTA:

- 2 tablespoons unsalted butter
- 1 1/2 cups corn (about 2-3 ears fresh)
- 2 cups low-sodium veggie broth
- 2 cups water
- 1 cup dry corn meal
- 1/2 cup freshly grated parmesan cheese
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper

FOR THE VEGGIES:

- 1 1/2 tablespoons olive oil
- 1 large zucchini
- 1 large yellow squash
- 1 sweet bell pepper, sliced
- 1 cup cherry tomatoes
- 1 medium yellow onion, chopped
- 3 sprigs fresh thyme
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper



DIRECTIONS

PREPARE THE VEGGIES:

1. Preheat oven to 400°. Wash and prepare veggies. They should all be about the same size.
2. Transfer veggies to a large lined sheet pan and drizzle with olive oil and season with salt, pepper and fresh thyme.
3. Bake for about 25 minutes.

PREPARE THE POLENTA:

1. In a medium pot, melt together the butter and corn. Cook 5-8 minutes until the butter browns around the corn.

2. Add two cups of water and the broth. Bring to a low boil, then whisk in the polenta, stirring until the polenta is soft and thick, about 3-5 minutes.
3. Stir in the parmesan and season with salt and pepper. Turn the heat off, cover the pot and let the polenta sit for 5 minutes.
4. Serve polenta with fresh veggies on top!

VARIATIONS & TIPS

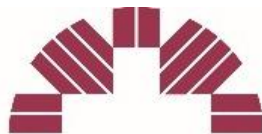
- If not using fresh corn, use frozen corn thawed.
- Use any variety of vegetables you like or have on hand.
- Dish pairs well with shrimp or chicken.

NUTRITION FACTS

Calories: 243 cal, Carbohydrates: 33g, Fiber: 4.9g, Sugar: 8g (0g added sugar), Protein: 6.7g, Fat: 10.8g, Saturated fat: 4.2g, Cholesterol: 16mg, Sodium: 379mg

YIELD: 6 servings

SOURCE: Adapted from halfbakedharvest.com & gardeninthekitchen.com



MOUNT CARMEL
Healthy Living Center

Presented at the Mount Carmel von Zychlin Healthy Living Center
Monthly Cooking Demo November 2023