



Polenta with Roasted Vegetables

Studies have linked a Mediterranean-style diet, rich in fruits, vegetables, olive oil, whole grains, and lean protein, to a lower risk of depression—among other health benefits. Here, creamy whole-grain polenta is a cozy bed for the colorful, flavorful roast vegetables. With only one pot and one sheet pan, cooking and clean-up is easy with this recipe from [Familystyle Food](#).

Ingredients

2 bell peppers, chopped into 1/2-inch pieces	1/2 teaspoon crushed red chili flakes
1 small eggplant, cut into 1-inch cubes (1-1/2 cups)	2 teaspoons chopped fresh thyme or rosemary
1 pint grape or cherry tomatoes, halved	1 tablespoon balsamic vinegar
3 small or 2 medium-sized zucchini, cut into 1-inch chunks	1 cup (160 g) coarse cornmeal
½ red onion, thinly sliced	1-2 teaspoons salt
2 tablespoons (30 ml) extra-virgin olive oil	½ cup freshly grated Parmesan cheese
Kosher salt	4 tablespoons (60 g) butter
2 garlic cloves, finely chopped	

Prep: 10 min + Cook: 30 min

Serves:
4

Directions

1. Preheat the oven to 425 degrees.
2. Combine the peppers, eggplant, tomatoes, zucchini, onion, olive oil and ½ teaspoon salt on a large rimmed baking sheet. Roast until beginning to soften and turn brown, 20-25 minutes. Remove the pan from the oven and stir in the garlic, chili, thyme and balsamic vinegar.
3. Meanwhile, bring 4 cups of water to a boil in a heavy-duty sauce pan or small Dutch oven. Stir in 1 teaspoon salt. Gradually whisk the polenta into the pan. Turn the heat to a low simmer, cover and continue to cook the polenta for 25 – 30 minutes, until it's thick, fluffy and begins to pull away from the sides of the pan. Stir occasionally. When it's done remove from the heat and stir in the cheese, butter and additional salt to taste if needed.
4. Serve the warm polenta in bowls with the roasted vegetables and their juices over the top, sprinkle with additional cheese if you like.

Sources: [Harvard Medical School](#), [Mayo Clinic](#), [Familystyle Food](#)



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