



Baked Veggies with Polenta

Recipe Courtesy Chef Bryan Woolley

- 2 tablespoons extra-virgin olive oil
- 1 medium eggplant, diced
- 1 small zucchini, diced
- 1/2 teaspoon freshly ground pepper
- 1/2 cup water
- 10 ounces fresh baby spinach
- 1 1/2 cups prepared reduced sodium marinara sauce
- 1/2 cup chopped fresh basil
- 14 ounces prepared polenta, sliced lengthwise into 6 thin slices
- 1 1/2 cups shredded part-skim mozzarella, divided

1. Preheat oven to 450 degrees. Coat a 9-by-13-inch baking dish with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add eggplant, zucchini, salt and pepper and cook, stirring occasionally, until the vegetables are tender and just beginning to brown, 4 to 6 minutes.
3. Add water and spinach; cover and cook until wilted, stirring once, about 3 minutes.
4. Stir marinara sauce into the vegetables and heat through, 1 to 2 minutes.
5. Remove from the heat and stir in basil.
6. Place polenta slices in a single layer in the prepared baking dish, trimming to fit if necessary.
7. Sprinkle with 3/4 cup cheese, top with the eggplant mixture and sprinkle with the remaining 3/4 cup cheese.
8. Bake until bubbling and the cheese has just melted, 12 to 15 minutes. Let stand for about 5 minutes before serving. Serves 6.

Nutrition Facts

Serving Size: 1/6 recipe

Calories:	360
Total Fat:	10 gm
Saturated Fat:	3.5 gm
Cholesterol:	20 mg
Sodium:	310 mg
Carbohydrate:	55 gm
Dietary Fiber:	11 gm
Protein:	14 gm

Diabetic Exchanges

Protein:	2
Carbohydrates:	3
Fat:	2

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