



## ***Baked Veggies with Polenta***

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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.

Makes 6 servings

### **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