



Roasted Winter Vegetables with Cheesy Polenta

Serves 4

4 cups cauliflower florets
4 cups cubed peeled butternut squash, 1 ½-inch chunks
1 medium onion, sliced
2 tablespoons extra-virgin olive oil
½ teaspoon garlic powder
¾ teaspoon freshly ground pepper, divided
¼ teaspoon salt
2 ½ cups vegetable broth, or reduced sodium chicken broth
1 cup water
¾ cup cornmeal
1 teaspoon chopped fresh rosemary, or ½ teaspoon dried
2/3 cup finely shredded Parmesan cheese, preferably Parmigiano-Reggiano

- Preheat oven to 500°
- Toss cauliflower, squash and onion in a large bowl with oil, garlic powder, ½ teaspoon pepper and salt. Spread on a rimmed baking sheet. Roast, stirring once, until tender and browned in spots, 25 to 30 minutes.
- Meanwhile, combine broth and water in a small saucepan. Bring to a boil. Slowly whisk in cornmeal, rosemary and the remaining ¼ teaspoon pepper until smooth. Reduce heat to low, cover and cook, stirring occasionally, until very thick and creamy, 10 to 15 minutes. Stir in cheese and remove the polenta from the heat. Serve the vegetables over the polenta.
- Stir in zucchini, water, chipotle chili, and beans; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until zucchini is tender.

Recipe adapted from [Eating Well](#)

Nutritional information:

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| Total calories: 336 | Total fat: 14g |
| Saturated fat: 5g | Carbohydrates: 44g |
| Dietary Fiber: 9g | Protein: 14g |
| Cholesterol: 20mg | Sodium: 812mg |