

Recipe Name **Grilled Polenta with Pesto and Roasted Balsamic Tomatoes**

Ingredients:

- 1 cup organic dried polenta
- 3 cups liquid (broth, water up to ½ cup white wine)
- 1 tsp. dried rosemary
- 1 tsp. kosher salt
- 1 tsp. garlic powder
- 1 Tbsp. nutritional yeast
- 2 Tbsp. vegan butter or grass-fed butter if tolerated
- ¼ cup pesto (dairy free from pesto class)
- 1-pint grape tomatoes
- 1 Tbsp. balsamic vinegar
- Avocado oil
- Kosher salt & pepper

Directions

1. Bring 3 cups liquid to a boil. Turn down heat to medium and gradually add polenta while stirring constantly to prevent clumping. Adjust heat to where polenta is just barely simmering. If the heat is too high, it will bubble and pop, possibly burning you. So be careful.
2. Once polenta is gently simmering, add rosemary, salt, garlic powder and stir frequently until it thickens significantly and the polenta is soft and smooth, about 30 minutes.
3. Add vegan butter and nutritional yeast, stirring until completely combined. Taste and adjust seasoning as well as liquid to the taste and consistency that you like.
4. Pour polenta out into a baking dish sprayed with oil spray, spread out in dish so that top is smooth. It should be ¼ - ½ inch thick. Let cool and refrigerate until solid.
5. In the meantime, place tomatoes in a ¼ sheet pan and drizzle with oil, salt & pepper, and balsamic vinegar. Toss and roast in a 400-degree oven for 20 minutes.
6. Once polenta is solid, spray top with cooking oil and cut into approximately 3x6 inch pieces. Heat grill on high and place polenta down on hot grill at a 45 degree angle. After 2-3 min. rotate the pieces 90 degrees. After 2-3 minutes, flip them over and do the same on the other side until both sides have nice grill marks. Remove from grill.
7. Slice grilled polenta into 1-2" pieces. Put a spoonful of pesto on each followed by a roasted balsamic tomato.



RECIPE

*Serve warm or at room temperature. If you tolerate dairy, you could sprinkle the top with parmesan and broil till lightly browned.

*Polenta could also be served with an olive tapenade, mushroom ragu, bruschetta, cream cheese and lox, caramelized onions, jam & brie or anything else you can think of!

*Instead of refrigerating the polenta, serve it warm and creamy as a delicious side dish or like rice/pasta with your favorite sauce, mushroom ragu, beef stew, etc.

- Polenta and pesto can both be made several days ahead or more (if frozen). Tomatoes can be roasted day of serving.