



## Grilled Ratatouille with Polenta Crostini

Makes about 4 cups, or 8 servings

- 1 lightly packed cup basil leaves
- ¼ cup olive oil
- Freshly squeezed lemon juice
- 1 medium onion, peeled and halved lengthwise through the root
- 2 red bell peppers, halved lengthwise, with stems and seeds removed
- 2 zucchini or summer squash, sliced lengthwise about ½ inch thick
- 1 eggplant, sliced into ½ inch rounds, one side brushed with olive oil
- 2 medium field-ripened tomatoes, chopped
- 1 pre-made log of polenta, sliced into ½ inch thick circles
- Salt and freshly ground black pepper, to taste
- Freshly grated Parmesan cheese, for garnish

### Directions

Blend basil with olive oil and a pinch of salt in a food processor. Add lemon juice to taste and set aside.

Heat the grill to medium hot. Place the vegetables on the grill, cut side down. Place eggplant on grill, oil side down. Grill onion until charred, 7-15 minutes. Grill peppers, zucchini or summer squash, and eggplant until charred and soft, 3-8 minutes per side. Transfer to a cutting board and let cool slightly.

Grill polenta rounds until lightly charred, 5-7 minutes on each side. Remove from grill and place on a serving platter.

While the polenta is cooking, chop the vegetables into bite-size pieces and transfer to a large bowl. Add the chopped tomato to the grilled vegetable mixture. Toss vegetables with a few pinches of salt and black pepper.

Place vegetable mixture on top of polenta rounds. Drizzle with basil oil and sprinkle with cheese just before serving.

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### NUTRITION INFORMATION PER ½ CUP VEGETABLES AND TWO 1-OUNCE SLICES OF POLENTA:

Calories	155
Total Fat	7 g
Saturated Fat	1 g
Carbohydrates	20 g
Fiber	3 g
Sodium	10 mg
Protein	3 g
Potassium	259 mg

Also a good source of Vitamin A, beta-carotene, and other healthy phytochemicals

Cost per serving: \$1.03