



Cheesy Polenta with Roasted Fall Veggies

Ingredients:

2 cups cornmeal
1 tsp salt
1/2 tsp black pepper
4 cups water or homemade chicken stock
2 cups milk/half and half
1/2 cup shredded cheddar cheese
3 tbsp butter

1/2 head cauliflower cut into florets (or 2 cups frozen cauliflower)
1 lb (about 15) brussels sprouts, halved
1/2 butternut squash, peeled and diced
2 tbsp olive oil
2 tsp salt
1 tsp each; nutmeg, black pepper

1 cup balsamic vinegar
1/4 cup honey
1 tsp salt

Directions:

Preheat oven to 425 degrees.

In a large bowl, toss cauliflower, brussels sprouts and squash together with salt, pepper, olive oil and nutmeg. Spread in a single layer on a baking sheet and roast for 20-25 minutes.

While veggies are roasting, heat milk and chicken stock (or water) in a pot over medium-high heat until boiling.

Gently whisk in cornmeal. Reduce heat and simmer, gently stirring every couple minutes to prevent sticking until polenta is thick – about 20 minutes. **Use a longer handled spoon to stir in polenta as it tends to pop and bubble when added to boiling water, and that can hurt. Stir in butter and cheese, and stir until melted. Remove from heat.

To make balsamic glaze, add honey and balsamic vinegar to a small sauce pan, place over medium heat and simmer and reduce until thickened - about 15 minutes.

To serve, spoon polenta into a bowl, and top with roasted vegetables and slowly pour balsamic glaze over roasted veggies.