

Polenta

1 cup polenta
3 cups water
1 tsp salt

Bring water to a boil. Whisk in polenta and salt and keep stirring 5 minutes. Lower heat to low and cover for 20 minutes. Stir 2 or 3 times. Remove from heat. You can also add 1 cup goat cheese or cheese of your choice. Stir until melted and mixed. Transfer to a bowl. Let sit 5 minutes and then turn bowl upside down onto a plate. Cut in slices and serve with roasted vegetables, tomato sauce or Putatouie below

Putatouie with Cream (from the Culinary Magic Cookbook at the Regenerative Design Center by Carin McKay – a combination of ratatouille and putanesca sauce)

1 yellow onion, diced
3 garlic cloves, minced
¼ tsp red pepper flakes
1 tsp fennel seeds
1 small eggplant, peeled and diced into ½ inch pieces
1 zucchini, sliced into ½ inch half moons
1 red bell pepper, diced into ½ inch pieces
3 Tbs olive oil
2 tomatoes, coarsely chopped (or a 14 oz can of diced tomatoes)
2 cups red wine
1/3 cup kalamata olives
2 TBS capers
¼ cup basil
2-4 TBS cream
Sugar or honey to taste
Sea salt to taste
¼ cup shredded Parmesan cheese

Sauté the yellow onion, garlic, fennel seeds and red pepper flakes in olive oil until the onions are translucent. Add the eggplant and sauté for 5 minutes. Add the zucchini and red bell pepper and sauté for 2 more minutes.

Add the tomatoes, red wine, olives, capers and simmer for 20 minutes with lid on. After 20 minutes, check to see the eggplant is cooked all the way. If so, add the basil and cream. Add sea salt ½ tsp at a time. Taste. Adjust.

Sometimes with tomato-based sauces, you need to add a little sweetener to cut the acidity. Add sugar or honey if it needs it. Serve on creamy polenta and garnish with Parmesan. You could add a cup of cooked cannellini beans for extra protein.