

Grilled Polenta with Portabella Mushrooms

Serves 4

Polenta, which is coarsely ground cornmeal, has long been a staple grain in northern Italy. It cooks easily and is delicious grilled with vegetables, like the portabella mushrooms in this recipe.

Preparation time: 25 minutes

Chilling time: 2 hours

Grilling time: 15 minutes

Ingredients:

- 1/2 cup polenta (coarsely ground cornmeal)
- 1 15-ounce can Swanson's Vegetable Broth or 2 cups vegetable stock
- 1/2 cup water
- 4 large portabella mushrooms
- 1 tablespoon olive oil
- 2 tablespoons soy sauce or Braggs Liquid Aminos
- 2 tablespoons balsamic vinegar
- 2 tablespoons red wine
- 2 garlic cloves, crushed
- 1 roasted red pepper, cut into thin strips for garnish (optional)

Instructions:

1. Combine the polenta, vegetable broth, and the 1/2 cup of water in a saucepan. Bring to a simmer and cook, stirring frequently, until very thick, 15 to 20 minutes. Pour into a 9- x 9- inch baking dish and chill completely (at least 2 hours). To grill, cut into wedges, brush or spray lightly with olive oil, and cook over medium-hot coals until nicely browned.
2. Clean the mushrooms and remove the stems.
3. Prepare the marinade by stirring the remaining ingredients together in a large bowl.
4. Place the mushrooms upside down in the marinade and let stand 10 to 15 minutes. Turn right side up and grill over medium-hot coals about 5 minutes. Turn and pour some of the marinade into each of the cavities. Grill until mushrooms can be pierced with a skewer, about 5 minutes longer.
5. Serve with grilled polenta. Garnish with roasted red pepper strips, if desired.

Tips:

- The polenta may be prepared up to two days in advance. Simply cover and refrigerate until ready to grill.
- The polenta and mushrooms may be broiled in the oven instead of grilled.
- Many other vegetables are delicious grilled as well. Grilled zucchini, eggplant, sweet potatoes, peppers, or asparagus would make great accompaniments.

Nutrition information per serving: 141 calories; 4 g protein; 20 g carbohydrates; 3 g fat; 308 mg sodium; 0 mg cholesterol

Recipe from Physicians Committee for Responsible Medicine www.pcrm.org



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