



Polenta Primavera

This is a super easy, vegetarian sauce to make anytime! I always have leftover vegetables from other meals and this is a great way to utilize all of your vegetables. This recipe is versatile as you can use just about any tomato product you might have on hand. I always try to eat lower carb, but once in a while I love to have polenta (or pasta). Use storebought polenta or make your own.

Serves Four

1 each Zucchini, cut into half moons

1 each Yellow Squash, Cut into half moons

½ Each Red Bell Pepper, small dice

½ each Yellow Bell Pepper, small dice

½ each Yellow Onion, small dice

2 each Garlic cloves, minced

1 can Diced tomatoes, 15oz OR 1 cup Pasta Sauce, jarred OR 2 each Whole Tomatoes, diced

3 tbl Parsley, finely chopped

3 tbl Basil, finely chopped

To Taste Salt & Pepper

In a saute pan, add olive oil and saute onion & garlic until translucent. Add bell peppers, saute 1-2 minutes more. Add tomatoes, squash & zucchini and cook until zucchini & squash are tender. Season with salt & pepper, add parsley & basil, serve over pasta and sprinkle with parmesan cheese.