



## Roasted Italian Vegetables w/Polenta

- 2 medium carrots, peeled and sliced 1/2-inch thick
- 2 medium red potatoes, cut into 1-inch cubes
- 1 medium red onion, sliced 1/2-inch thick
- 1/4 cup olive oil
- 1 Tbsp. dried basil
- 1 medium yam, peeled and cut into 1-inch chunks
- 1 red bell pepper, sliced 1/2-inch wide
- 1 medium zucchini, sliced 1/2-inch thick
- 2 cloves garlic, chopped
- 2 Tbsp. balsamic vinegar
- 1 14 oz. can chicken broth
- 4 cups water
- 1 cup instant polenta
- 1/4 cup grated Parmesan cheese
- 1/4 cup Almond Accents® Italian Parmesan sliced almonds
- Salt and pepper to taste



Preparation Time : 10 minutes

Heat oven to 450 degrees. In bowl, toss carrots, potatoes, onions, oil and basil. Place in roasting pan, cover with aluminum foil, and bake 30 minutes. Remove foil. Add yam, pepper, zucchini, garlic and vinegar to pan. Gently combine with carrot-potato mix, using spatula. Return to oven and continue baking about 20 minutes, mixing occasionally, until vegetables are just tender. Meanwhile, in medium saucepan, bring broth and water to boil. Mix in polenta and reduce heat to medium. Cook, stirring constantly, until thickened, about 3 to 4 minutes. Mix in cheese and stir until melted. Add Almond Accents to vegetables and toss. Season with salt and pepper. Divide polenta equally onto four serving plates. Top with roasted vegetables and sprinkle with Almond Accents.

Makes 4 servings

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