



## Polenta with Grilled Eggplant, Arugula & Herbs

By Terry Walters

Traditional polenta requires 40 minutes of attention to whisking and detail that I have a hard time fitting into my day. This simpler version with the instant variety requires only 15. If you want a super quick version, you can purchase prepared polenta and place it directly on the grill.

4 servings

**Prep Time:** 25 minutes

**Cook Time:** 1 hour

### Ingredients

- 1 cup instant polenta
- 3 cups vegetable stock or water
- 1 tablespoon fresh rosemary, minced
- 1 tablespoon fresh sage, minced
- salt
- 5 small Japanese eggplants or 1 medium eggplant
- 3 tablespoons extra virgin olive oil plus more for grilling
- 1 bunch arugula, heavy stems removed
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 cup basil leaves
- 3 garlic cloves, chopped
- freshly ground pepper
- 1/4 cup kalamata olives
- 1/4 cup herbed goat cheese, crumbled (optional)



Photo: Lori Eanes Photography

### **Instructions**

Bring the stock to boil in a heavy pot. Add the rosemary, sage, and salt, then slowly whisk in the polenta. Continue whisking for 12-15 minutes or until the polenta pulls away from the side of the pot. Remove from the heat, taste and add more salt if necessary. Pour into a lightly greased 8 x 8-inch baking dish. Smooth to distribute evenly. Cover and refrigerate one hour or until firm.

Heat a grill or grill pan to medium. Wash and slice the eggplant, brush with olive oil and grill until just soft (about 2 minutes per side). Slice the polenta into squares, brush with olive oil and grill 2 minutes per side. Cover both and set aside.

In mixing bowl, combine the arugula, beans and basil. Warm the garlic and olive oil together in a small skillet over medium-low heat and cook until the garlic is straw-colored. Pour over the arugula mixture and toss to coat. Stir in 1 teaspoon salt and a sprinkling of black pepper. Taste and add more if necessary. To serve, place the polenta on a plate, top with beans and greens and the grilled eggplant. Sprinkle with the olives and goat cheese.