



Makes 7 cups
Preparation Time: 20 minutes
Cook Time: 15 minutes

INGREDIENTS:

3 cups cubed cooked sweet potatoes (peeled, if desired)

1 16- to 18-oz. tube polenta, cut into chunks

1 teaspoon onion powder

5 cups fresh baby spinach

1 8-oz. package fresh cremini mushrooms, halved

1 cup chopped onion

6 cloves garlic, minced

1½ cups cherry tomatoes, halved

¾ cup low-sodium vegetable broth

½ teaspoon dried Italian seasoning, crushed

1 teaspoon arrowroot powder

Freshly ground black pepper, to taste

2 tablespoons pine nuts, toasted

Polenta and Sweet Potato Mash with Mushroom Sauce

In this mouthwatering dish, juicy cremini mushrooms and blistered cherry tomatoes meld into a hearty base of mashed sweet potato and **polenta**. Mash to your preference—on the creamy side, or leave it chunky. Look for ready-made tube-style polenta in the pasta aisle or near refrigerated fresh pastas; opt for the lowest-sodium version you can find, and go easy on the salt in the rest of the dish.

By Nancy Macklin, RDN

- 1 In a large saucepan combine sweet potatoes, polenta, onion powder, and 1 cup water. Cook over medium 10 minutes or until heated through, stirring occasionally. Mash to desired consistency. Gradually stir in spinach; cook until wilted. Reduce heat to low; cover and keep warm.
- 2 For sauce, in a large skillet sauté mushrooms, onion, and garlic over medium 5 minutes, adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Stir in cherry tomatoes. Cook and stir 4 to 5 minutes more or until tomatoes soften and blister. In a small bowl stir together vegetable broth, Italian seasoning, and arrowroot powder. Add to vegetables and cook just until thickened. Season with pepper.
- 3 Top polenta mixture with sauce. Sprinkle with pine nuts.