



Makes 8 cups hash + 3 cups polenta
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 7-oz. jar roasted red bell peppers, drained

1 tablespoon balsamic vinegar

1½ cups low-sodium vegetable broth

1 cup dry polenta

6 cups cut up summer squash mix (zucchini, yellow, and pattypan)

1 cup chopped onion

2 Italian frying peppers, halved, seeded, and chopped (2 cups, see intro for tip)

12 Castelvetrano olives, crushed (⅓ cup)

2 15-oz. cans no-salt-added chickpeas (garbanzo beans), rinsed and drained (3 cups)

4 cloves garlic, minced

2 teaspoons lemon zest

½ cup chopped fresh basil, oregano, and/or flat-leaf parsley

Sea salt, to taste

Freshly ground black pepper, to taste

Mediterranean Pepper and Squash Hash with Creamy Polenta

Every bite of this Mediterranean medley is packed full of succulent produce and savory flavors that transport you straight to the Italian coast. Each serving starts with a base of creamy polenta that's drizzled in a tangy roasted **red pepper** and balsamic sauce before being piled high with a summer squash and pepper hash. It's worth seeking out Italian frying peppers at the farmers market for their distinct flavor, but they vary greatly in their level of heat, so be sure to ask the vendor about the ones you buy. Chewy **chickpeas** complement the produce by adding extra substance, while Castelvetrano olives infuse the veggies with their briney bite for a truly delicious meal. Lemon zest and fresh herbs tie everything together in this trattoria-worthy recipe.

Tip: Some names for Italian frying peppers are Cubanelles, Italianelles, or Italian long peppers. Anaheim, banana peppers, and small red bell peppers are good substitutes if you can't find any.

For more creative polenta recipes, check out these tasty ideas:

- [Polenta Lasagna with Kale and Lentils](#)
- [Polenta and Sweet Potato Mash with Mushroom Sauce](#)
- [Polenta Sopes with Beans and Corn](#)
- Or take a look at our full collection of [polenta recipes](#)

By Shelli McConnell

- 1 In a small food processor combine roasted red peppers and balsamic vinegar. Process until smooth.
- 2 In a large saucepan combine broth and 2½ cups water. Bring to boiling. Gradually whisk in polenta. Reduce heat. Cook, uncovered, about 20 minutes or until thickened and creamy, stirring occasionally.
- 3 Meanwhile, in an extra-large skillet combine the next four ingredients (through olives). Cook over medium about 10 minutes or until tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in chickpeas, garlic, and lemon zest. Cook and stir 2 minutes or until heated through. Stir in fresh herbs, salt, and black pepper.
- 4 Spoon polenta onto plates. Spoon roasted pepper sauce over polenta. Top with vegetable mixture.