

Grilled Polenta & Vegetables with Lemon-Caper Vinaigrette

HANDS-ON TIME: 35 min

TOTAL TIME: 35 MIN; SERVES 4: 1 1/2 cups vegetable salad and 2 polenta rounds each

Ingredients:

- 6 Tbsp extra virgin olive oil, divided
- 2 Tbsp chopped fresh dill, plus more for garnish
- 2 Tbsp lemon juice
- 1 Tbsp minced shallot
- 1 Tbsp capers, rinsed and chopped
- 1 small clove garlic, minced
- 3/4 tsp ground black pepper, divided
- 1/2 tsp kosher salt, divided
- 4 plum tomatoes, halved
- 2 medium zucchini and/or summer squash, sliced lengthwise (1/4 inch thick)
- 1 small eggplant, sliced lengthwise (1/4 inch thick)
- 1 medium red bell pepper, sliced lengthwise (2 inches thick)
- 1 16-18 oz tube prepared polenta, sliced into 8 rounds
- 1 15-oz can no-salt-added white beans, rinsed

Instructions: *This recipe is super-flexible; substitute vegetables to your taste or what is in season. Vegetables are usually in season when they are on sale.*

1. Preheat grill to medium-high.
2. Whisk 2 Tbsp oil, dill, lemon juice, shallot, capers, garlic and 1/4 tsp each pepper and salt in a large bowl. Set aside.
3. Toss tomatoes, zucchini, eggplant and bell peppers with the remaining 4 Tbsp olive oil, 1/2 tsp pepper and 1/4 tsp salt in another large bowl.
4. Oil the grill rack. Grill the vegetables and polenta until hot and lightly charred, 3 to 4 minutes per side, removing them as they are done.
5. Coarsely chop the vegetables. Add to the reserved dressing along with beans and gently toss to coat. Serve with the polenta. Garnish with more dill, if desired.



POLENTA

Look for convenient tubes of precooked polenta in the pasta aisle or near refrigerated tofu in the supermarket.

If you have left over polenta (or grits) roll it up into a log with saran wrap and refrigerate to use for this recipe.

GRILL

An oiled grill rack keeps your food from sticking. Once your grill is good and hot, dip a folded paper towel in a little oil, hold it with tongs and rub it over the rack.

CAL 397 | FAT 22G (SAT, 3G) | CHOLESTEROL 0MG | CARBS 41G | SUGARS 8G | PROTEIN 9G | FIBER 9G | SODIUM 555MG | POTASSIUM 728MG

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