

Grilled or Toasted Polenta with Strawberry Pineapple Salsa

Serves

6

Ingredients

1 roll of pre-made Polenta
1 large fresh pineapple, peeled, cored and diced
1 can chopped
1 cup of fresh strawberries, chopped
2 tbs. freshly squeezed lime juice
1 medium red onion, diced, (1 cup)
3 green (spring) onions, finely chopped
3 tbs. of fresh cilantro, chopped
1 red bell pepper, cored, seeded and diced
1 jalapeno chile, or habanero chili, stemmed
seeded, and finely chopped
Extra virgin olive oil
3 tsp. balsamic vinegar
Salt and freshly ground black pepper to taste

Preparation Instructions

In a large bowl, combine all the ingredients and

Cut the Polenta rolls into 1/4 inch circles. In a sauté pan heat 2 tsp. of olive oil. Place about 5 to 6 circles of Polenta in the pan and sauté a few minutes on each side or until golden brown, or crisp. (You can grill the Polenta or put on a baking sheet, brush with olive oil, and put in a 350 oven and bake until golden brown)

Put the golden Polenta circles out on a plate and pour the strawberry-pineapple salsa over it. (you may also make a tower, layering the salsa and the Polenta rounds as you build upwards).

MAKES ABOUT 4 CUPS (32 FL.OZ)