**Black Bean Polenta with Pineapple Salsa**

**Produce**

garlic *(if needed)*

1 yellow onion

1 small head green cabbage

1 bunch cilantro *(if making quick, low-sodium salsa)*

1 red bell pepper

1 jalapeno pepper *(if making quick, low-sodium salsa)*

one Anaheim pepper *(if making quick, low-sodium salsa)*

3 ripe kiwi

7 oz. fresh pineapple spears*(if none available, buy canned)*

**Canned/Dried Foods**

one 32 oz. box low-sodium vegetable broth *(if needed)*

8 oz. polenta corn meal

one 15 oz. can black beans

one 15 oz. can no-salt diced tomatoes *(if making quick, low-sodium salsa)*

one 8 oz. can pineapple chunks *(if no fresh available)*

olive oil *(if needed)*

rice wine vinegar *(if needed)*

molasses *(if needed)*

chili powder *(if needed)*

dried oregano leaves *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

3 oz. sharp cheddar cheese

1 pint fresh tomato salsa *(if net making quick, low-sodium salsa)*