**Grilled Polenta with Prima Vera Sauce**

**Produce**

garlic (if needed)

1 yellow onion

1 head red or green leaf lettuce

1 handful of baby spinach leaves or small bag baby spinach

1 cucumber 1 red bell pepper

1 green pepper

one 6 inch zucchini

1 small yellow summer squash

4 oz.  Cremini mushrooms

1 pint cherry tomatoes

**Canned/Dried Foods**

8 oz. polenta style cornmeal(if needed)

one 15 oz. can no salt chopped tomatoes

one 15 oz. can tomato sauce

pitted Kalamata olives (if needed)

dry basil leaves(if needed)

dry oregano leaves (if needed)

red wine to cook with(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan (if needed)  
  
1 package plant-based Field Roast Apple Sausage or equivalent product