

# Black Bean Polenta with Pineapple Salsa

Homemade grilled black bean polenta is the feature for your plate tonight. It's topped with fresh pineapple salsa and a sprinkle of extra sharp cheddar cheese. Seared cabbage, peppers and onions works as a perfect pairing to round out the flavor combinations of this meal.

Make polenta 2 hours or more before you start preparing dinner so it can chill.

**Preparation time: 3 hours - Servings: 2 (with leftover Polenta and salsa)**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize your ingredients on the countertop before you begin cooking. There are 3 different onion preps: 3/4 C. chopped onion for the polenta, 1/2 C. chopped for the salsa and 1-1/2 C. sliced onion for the cabbage and peppers. There are also 2 different preps for the red peppers: 3/4 C. chopped red pepper for the polenta, 3/4 C. sliced for the Seared Cabbage and Peppers.

### Black Bean Polenta

2 tsp. olive oil  
3/4 C. onion (chopped)  
3/4 C. red bell pepper (chopped)  
3 C. water  
1 C. polenta corn meal  
1 C. cold water  
  
one 15 oz. can black beans (drained and rinsed)  
2 T. lime juice  
1/2 tsp. salt  
2 T. shredded Parmesan

### Seared Cabbage and Peppers

2 tsp. olive oil  
4 C. Savoy cabbage (thin-sliced or shredded)  
1-1/2 C. thin-sliced onion  
3/4 C. red bell pepper (thin-sliced)  
1 Serrano pepper (seeded and finely chopped)  
  
2 T. rice-wine vinegar  
mixed with  
1/4 C. low-sodium vegetable broth  
1/4 tsp. salt

### Quick, Low-sodium Salsa with Pineapple

#### Quick, Low-sodium Salsa:

1 clove garlic (smashed and chopped)  
1/2 C. sweet or yellow onion (chopped)  
1 jalapeño pepper (seeded and finely-chopped)  
1 Anaheim pepper (seeded and finely-chopped)  
1/4 C. cilantro leaves (chopped)  
juice from one-half lime  
pinch of salt  
  
one 15 oz. can no-salt diced tomatoes

#### Pineapple Salsa:

1 C. low-sodium tomato salsa (above)  
1 C. fresh pineapple (chopped)

### Garnish

1/4 C. grated sharp cheddar cheese

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

The main component of the recipe is the grilled black bean polenta. Make it 2 hours before you wish to begin cooking and chill it. Once chilled it's easy to slice and grill. The grilling will add the desirable caramelization to the flavor.

### Black Bean Polenta

1. Sauté onion and bell pepper in oil in large sauce pan until onion begins to turn translucent.
2. Measure 3 C. water to the pan with the onions and peppers. Bring to boil.
3. Mix 1 C. polenta-style cornmeal with 1 C. cold water. Slowly stir moistened corn meal mixture into boiling water. Reduce heat to low. Cook 15 minutes over low heat. Stir often to make sure there are no lumps and to keep corn meal from sticking to pan.
4. Stir in black beans, lime juice, salt and Parmesan. Reduce heat to simmer, cover, and cook 5 minutes. Set a timer.
5. When the timer sounds, pack polenta into an oiled 9" X 5" loaf pan and refrigerate 2 hours. Slice into 3/4" slices and grill all of the polenta just before serving. (You'll have leftovers.)
6. Oil the pan (or grill) generously to keep the polenta from sticking. Once on the grill, turn it as few times as possible.

### Quick, Low-sodium Tomato Salsa with Pineapple

Make by hand: Combine all ingredients in a medium-sized bowl. Stir well and let stand.

Or - make with food processor: You can also put all ingredients in a food processor except diced tomatoes and pulse to desired consistency. Add tomatoes and pulse a few times to mix.

#### Pineapple Salsa

Measure 1 C. Low-sodium Tomato Salsa into a medium-sized bowl and stir together with chopped fresh pineapple. Let stand until ready to dine.

### Seared Cabbage and Peppers and Serve

1. Heat oil in a large sauté pan until it begins to shimmer.
2. Slide cabbage, sliced onion and peppers into oil and toss over high heat until cabbage and onions brown and start to char.
3. Mix vinegar, broth and salt and toss with cabbage and peppers until liquid cooks away.
4. Select 3 rectangular pieces of grilled polenta and slice diagonally into triangles.

Stack 3 grilled polenta triangles on each serving plate and top with 1/2 C. pineapple salsa. Divide seared cabbage and peppers between plates. Garnish polenta and salsa with shredded cheese. Store leftovers in fridge.

### What I've Learned from this Recipe

Here is just another example of nutritious plant-based dining that is loaded with flavor and color. Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)