

YIELDS: 4

## Tomato and Polenta Summer Salad

Nothing beats walking out to the garden in the evenings to pick fresh basil for pesto, or cherry tomatoes for a salad. It's an amazing feeling that gives you a sense of accomplishment! But, if you're like me, you might have to start getting creative with all those tomatoes (even if you can them at the end of the season like I do)! So in the spirit of accomplishment and creativity, I came up with this unique and delicious salad that really plates to impress. Combining those fresh tomatoes with grilled polenta is a fabulous flavor experience, and the unexpected addition of grilled artichokes, capers, and Trader Joe's Chili Onion Crunch will impress your family and your friends!

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|------------|------------|
| PREP TIME  | TOTAL TIME |
| 20 Minutes | 35 Minutes |

### Ingredients:

- 4 Medium Heirloom Tomatoes, sliced thin olive oil spray
- 18 oz Organic Polenta in a tube, sliced into 1/2" pieces
- 12 Trader Joe's Tapas Style Grilled Artichokes
- 4 TBSP capers
- 1 TBSP Trader Joe's Chili Onion Crunch
- 2 C arugula and spinach mixture
- 2 TBSP lemon juice
- salt and pepper to taste
- 6 basil leaves to garnish

### Instructions:

Pre-heat grill to medium high. Spray sliced polenta (on both sides) with olive oil spray and sprinkle with salt. Grill polenta on both sides for 6-9 minutes. Do not move the polenta until you are ready to flip to allow each side to sear. Remove from grill and allow to cook for 5-10 minutes.

To assemble the salad, add arugula and spinach mixture to the bottom of a large serving platter and coat with lemon juice. Arrange sliced tomatoes and grilled polenta so that they overlap slightly. Tuck in grilled artichokes around the serving platter (make it pretty). Sprinkle with capers and drizzle with Chili Onion Crunch oil. Salt and pepper to taste. Garnish with Basil leaves.

