
POLENTA WEDGES WITH TOMATO TAPENADE

48 pieces

1 (16-18oz)	Prepared polenta, ends trimmed & cut into 12 slices
	Canola or olive oil spray
2/3 cup	Sun-dried tomatoes (see tip)
4 teaspoons	Extra –virgin olive oil
1 tablespoon	Flat-leaf parsley leaves, lightly packed
2 teaspoons	Capers, rinsed
1 clove	Garlic, chopped
	Pepper

- Preheat broiler. Coat a baking sheet with cooking spray.
- Place polenta slices on the prepared baking sheet and coat with cooking spray. Broil in upper third of oven until starting to brown, 8-12 minutes. Turn and broil until lightly browned, 3-5 minutes more.
- Meanwhile, pulse sun-dried tomatoes, oil, parsley, capers, garlic and pepper in a food processor (a mini food processor works well), scraping down the sides as needed, until coarsely chopped.
- Transfer the polenta slices to a clean cutting board and cut each into quarters. Top each wedge of polenta with about ¼ teaspoon of the tapenade.

Nutrition per piece: 15 Calories; 2 g Carbohydrates; 0 g Protein; 68 mg Sodium

Tip: For this recipe, look for soft sun-dried tomatoes (not packed in oil). If you can only find tomatoes that are very dry (and hard), soak in boiling water for about 20 minutes, then drain and chop them before using.