



Crispy Crusted Polenta Squares

Serve as a side dish or starter topped with crisp carrots and microgreens

Lime Vinaigrette:

2 Tablespoons avocado or olive oil

1 Tablespoon fresh lime juice

1/2 teaspoon honey

Pinch of sea salt and ground black pepper to taste

In a small bowl, combine all the vinaigrette ingredients; whisk to combine into creamy-like vinaigrette dressing; set aside.

Polenta Squares

1 large carrot, sliced into thin rounds

1 small red carrot, thinly sliced

1 (16 ounce) log prepared polenta

1/3 cup panko breadcrumbs

3 Tablespoons olive oil

1/2 cup fresh green microgreens

1 Tablespoon capers

2 teaspoons prepared lime vinaigrette

1 Tablespoon mayonnaise

1. Place thin carrot slices in ice water to soak and slightly curl; set aside.
2. Trim rounded edges of polenta to form a rectangle; halve lengthwise.
3. Place the breadcrumbs on a plate; coat both sides of the polenta in the breadcrumbs, lightly pressing to coat the sides.
4. Spread 1-1/2 Tablespoons oil in a nonstick skillet over medium high heat. Cook polenta rectangles until crispy about 2 to 3 minutes on each side; add more oil if needed. Remove from skillet to paper lined plate; cook remaining polenta rectangle using the same cooking steps.
5. Remove carrots from ice water; pat dry. Place microgreens and capers in small bowl with 2 teaspoons lime vinaigrette.
6. Cut the polenta into 8 portions. Place a dot of mayonnaise in the center of each square; top with the curled carrots, capers, and microgreens. Serve with remaining lime vinaigrette on the side if desired. Yield: 8 polenta squares

Cook's Note: When frying polenta, slightly tip polenta rectangle before sliding spatula under to avoid loosening crumbs when tipping or removing from pan.

Recipe Inspired by: *Food & Wine Magazine* for appetizer April 2013.

About the Recipe: Serve crispy polenta squares topped with a small salad of carrot curls, capers, and microgreens, lightly tossed with fresh lime dressing. The warm polenta and chilled greens are a delightful contrast of textures and flavors. Serve as a starter or side dish.