**METABOLIC NUTRITION PROGRAM**

**Warm Polenta Zucchini Salad - 4 servings**

Adapted from [www.LHJ.com](http://www.LHJ.com)

Per Serving: 206 Calories, 5.0 gm Protein, 15.7 gm Fat, 13g Carbohydrates

2 zucchini  
3.5 Tablespoons extra-virgin olive oil  
8 oz prepared polenta, cut into 3/4-inch cubes  
2 Tablespoons red wine vinegar  
1 Tablespoon chopped oregano  
1/2 teaspoon sugar  
1/2 teaspoon kosher salt  
5 cups mixed salad greens  
1/3 cup crumbled blue cheese

**Directions**

1. Cut zucchini in half lengthwise, then on the bias into 1/4-inch slices and sprinkle with salt and pepper. Heat 1/2 tbsp oil in a large nonstick skillet over high heat and add zucchini. Cook, stirring, until just golden, about 2 min. Remove zucchini and set aside. Reduce heat to medium and add polenta cubes to skillet. Cook, stirring, until just heated through, about 4 min.

2. Whisk together vinegar, oregano, sugar, salt and remaining 3 tbsp olive oil. In a large bowl, toss half the vinaigrette with the greens, zucchini and polenta. Arrange on a platter and sprinkle with blue cheese. Serve with remaining vinaigrette.

Makes 4 servings.