

## polenta & grilled vegetables with feta

Prep 10 minutes

Grill about 10 minutes

Makes 4 main-dish servings

- 5 plum tomatoes (about 4 ounces each)
- 6 tablespoons bottled Italian salad dressing or favorite vinaigrette
- 1 large zucchini or 2 yellow summer squash (about 14 ounces), cut diagonally into 8 slices
- 1 log (16 ounces) precooked polenta, cut crosswise into 8 slices

$\frac{1}{2}$  cup crumbled feta cheese (2 ounces)

1. Prepare outdoor grill for direct grilling over medium heat. (Or heat grill pan on stovetop over medium heat until very hot.)
2. Meanwhile, coarsely chop 1 tomato; transfer to small bowl. Add 2 tablespoons salad dressing and set aside.
3. Cut remaining tomatoes lengthwise in half. Lightly brush tomatoes, zucchini or yellow squash, and polenta with some of remaining 4 tablespoons salad dressing. Place tomatoes, cut sides up, zucchini, and polenta on hot grill rack. Grill 10 to 12 minutes, until tender and browned, brushing polenta and vegetables with remaining salad dressing and turning over once halfway through grilling.
4. On each of 4 dinner plates, alternately arrange 2 pieces each tomato, zucchini, and polenta, overlapping slightly. Spoon chopped tomato mixture around vegetable mixture and sprinkle with feta to serve.

>> Each serving: About 275 calories, 8 g protein, 30 g carbohydrate, 15 g total fat (5 g saturated), 4 g fiber, 17 mg cholesterol, 755 mg sodium. ►