**Red Sauce Prima Vera with Grilled Polenta**

**Produce**

garlic (if needed)

1 yellow onion

1 fennel bulb

1 medium green pepper

5 oz. Crimini mushrooms

one 6 inch zucchini

one 6 inch yellow summer squash

1 carrot

**Canned/Dried Foods**

one tube premade polenta (if needed)

one 15 oz. can garbanzo beans

one 15 oz. can tomato sauce

one 15 oz. can chopped tomatoes

pitted calamata olives (if needed)

dried oregano leaves (if needed)

dried basil leaves (if needed)

red wine to cook with(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan (if needed)

Polenta from fridge (from fridge at home)