

delicious dish

**Speedy on the Seaside
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
crispy oven baked pesto polenta caprese stacks	Parmesan cheese, grated Fresh rosemary 1 pint cherry tomatoes Basil pesto (with our without cheese or nuts) 4 medium sized balls of fresh bocconcini 2 large or 4 medium sized tomatoes Fresh basil	Kosher salt Freshly ground pepper 1 log of polenta Olive oil Dry white wine Four (all purpose, rice, GF)	9 by 13 baking dish or something like that Large fry pan Parchment paper	Have all ingredients ready Wash herbs
quick garlic butter baked fish	Fresh herbs (use anything you like, I use parsley, dill, tarragon, oregano) 4 6-ounce fish portions, salmon halibut, swordfish, cod	Freshly coarsely ground mixed peppercorns (I buy a peppercorn medley packaged in a pepper grinder) Kosher salt Extra virgin olive oil	Baking dish to accommodate the fish in one layer	Have all ingredients ready Wash herbs