

Arugula Salad Over Citrus Polenta w/ Cashew Creme Sauce

Serves 8-10

2 c Water
1 c Organic Orange Juice
1 Tbsp Vegan Butter
Zest of 1 Lemon
Zest of 1 Lime
1 c Quick Cooking Polenta
1/4 c Nutritional Yeast
3 Tbsp Extra Virgin Olive Oil
1 Tbsp Flax Oil
1 Tbsp Dijon Mustard
2 Tbsp White Wine Vinegar
1 Tbsp White Balsamic Vinegar
Juice of 1/2 Lemon
1 1/2 Tbsp Agave Nectar, plus 1 Tbsp Agave Nectar
1 5oz bag Organic Baby Arugula
1/2 c Raw Cashews, soaked in water for 30 minutes, drained and rinsed with cool water
1/2 c Organic Orange Juice
1/4 c Water
1 Tbsp White Miso
Juice of 1/2 Lemon
1/4 c Raw Pine Nuts
1/2 Pink Grapefruit, sectioned

Preheat oven to 350 degrees.

Bring water, OJ, butter and zests to a boil. Stir in polenta and nutritional yeast. Cover, stirring occasionally for about 10 minutes. Spread onto a cookie sheet and let sit on counter to cool.

Mix Oils, Vinegars, Lemon Juice and 1 1/2 Tbsp Agave in bowl with whisk or shake it up in a covered container to combine. Toss with arugula and set aside.

When Polenta is cooled, throw it in the oven for about 8 minutes.

In a blender, combine remaining Tbsp of Agave, soaked cashews, oj, water, miso and lemon juice. Blend until creamy.

To serve, cut polenta into even squares, rectangles or whatever shape your heart desires. Top with arugula salad, drizzle plate with cashew creme sauce, sprinkle a few pine nuts on each plate and serve with 1-2 sections of pink grapefruit.

You're Done! - And it will taste as impressive as it looks!