



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### HERB CRUSTED SALMON WITH GOAT CHEESE POLENTA

4 – 6 ounce salmon filets	2 tablespoons olive oil
2 tablespoons Dijon mustard	1 teaspoon salt
2 cups cherry tomatoes	1 ½ cups corn grits polenta
1 cup fresh parsley, chopped	4 cups water
½ cup fresh basil, chopped	5 ounces goat cheese
1 clove garlic, minced	Salt and pepper to taste
1 ½ cups bread crumbs or panko	

1. Preheat oven to 350 degrees F. Line a baking sheet with foil and spray with nonstick spray.
2. In a high powered blender or food processor, combine the parsley, basil, garlic, bread crumbs (or panko), olive oil, and salt. Blend until fully combined and minced. Set aside.
3. Place the salmon filets on the baking sheet and lay the tomatoes around the salmon. Spread ½ tablespoon of Dijon mustard onto each salmon fillet in a thin layer. Top each piece of salmon with a heaping spoonful of the herb mixture. Press down to make sure it attaches and forms a crust on each piece.
4. Bake for 15-20 minutes or until the salmon is fully cooked and flaky throughout.
5. While salmon is cooking, prepare the polenta. In a large, heavy pan, bring the water to a boil (follow package instructions) and salt and pepper to taste.
6. Stir in polenta and reduce to a simmer. Simmer for 15 -20 minutes or until it's thickened to your liking. Turn off the heat and stir in the goat cheese.
7. Spoon some polenta into each bowl and top with salmon and tomatoes.