**Black Bean Polenta, Cod Hoisin Sauce Arugula**

**Produce**

garlic *(if needed)*

one 6 oz. bag arugula   
  
1  fennel bulb

**Canned/Dried Foods**

low-sodium vegetable broth (if needed)

low-sodium soy sauce(if needed)

smooth peanut butter (if needed)

honey (if needed)

brown sugar (if needed)

molasses *(if needed)*

chili powder *(if needed)*

dried oregano leaves *(if needed)*

white wine to cook with (if needed)

**Frozen Foods:**

**Meat/Fish/Poultry**

8 oz. fresh cod fillets

**Chilled Foods/Dairy**

Leftover Black Bean Polenta *(fridge at home)*