

Panzanella

EatingWell. www.eatingwell.com

Panzanella is a vegetable-and-bread salad. The thing that makes it so wonderful is that once the whole salad is dressed, the bread cubes soak up the dressing and soften slightly.

What is amazing about Ina Garten's panzanella beyond the taste and texture is that it's also really good for you. It's full of anti-inflammatory ingredients, like the olive oil, garlic, tomatoes, bell peppers, cucumbers, red onion and basil. If you have inflammation, eating more colorful plant-based foods and staying well-hydrated can help. This salad offers both of these benefits.



Ingredients

- 3 tablespoons good olive oil
- 1 small French bread or boule, cut into 1-inch cubes (6 cups)
- 1 teaspoon kosher salt
- 2 large, ripe tomatoes, cut into 1-inch cubes
- 1 hothouse cucumber, unpeeled, seeded, and sliced 1/2 inch thick
- 1 red bell pepper, seeded and cut into 1-inch cubes
- 1 yellow bell pepper, seeded and cut into 1-inch cubes
- 1/2 red onion, cut in half and thinly sliced
- 20 large basil leaves, coarsely chopped
- 3 tablespoons capers, drained

For the Vinaigrette

- 1 teaspoon finely minced garlic
- 1/2 teaspoon Dijon mustard
- 3 tablespoons champagne vinegar
- 1/2 cup good olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper



Directions

Heat the oil in a large sauté pan. Add the bread and salt; cook over low to medium heat, tossing frequently, for 10 minutes, or until nicely browned. Add more oil as needed.

For the vinaigrette, whisk together the ingredients.

In a large bowl, mix the tomatoes, cucumber, red pepper, yellow pepper, red onion, basil, and capers. Add the bread cubes and toss with the vinaigrette. Season liberally with salt and pepper. Serve, or allow the salad to sit for about half an hour for the flavors to blend.

Enjoy!