

ROASTED PANZANELLA SALAD

Ingredients:

1 medium loaf of good, day old bread
olive oil to brush on bread (approx 1/4 cup)
2 bell peppers, (red, orange, and yellow)
4 cloves garlic, minced
2-3 medium zucchini or summer squash, cut into 1
inch pieces
1 medium red onion, cut into stripes
4-6 lbs tomatoes, cubed
2 Tbsp grape seed, olive, or coconut oil (to roast
veggies)
1/4 cup lemon juice
1/2 cup basil, minced
2 Tbsp thyme
1/2 cup capers, drained, optional
1/2 cup kalamata olives, optional
Sea salt to taste
olive oil as desired

Yields: About 4 small bowls

Description: Panzanella salad is a great salad you can use to get your serving of whole grains along with a great variety of veggies. Since this is a “peasant food”, feel free to get creative and add other veggies such as corn or cucumbers. You can also play with different herbs like dill or oregano.

Directions: Brush sliced bread with olive oil and bake in oven at 400° F for about 5-7 minutes, continually checking to make sure it just slightly beginning to toast, flip and bake 3 minutes more, or until toasted. Cut into 1-in croutons.

Roughly chop squash into same size. Leave peppers whole. Toss with onions, oil, sea salt, and minced garlic. Roast at 400° F about 10 minutes or until slightly crisp. Remove from oven and allow to cool. Once cooled, removed the stems and seeds from peppers and roughly chop. Chop tomatoes and olives; Mince basil and thyme

Combine the bread, tomatoes, olives, capers, basil, thyme, lemon juice, and roasted vegetables. Lightly drizzle with good olive oil and more lemon to taste. Allow to sit for at least 30 minutes but will keep up to 3 days as the bread with soak and absorb more flavors.

