



NUTRITION CONSULTING INC.

Panzanella Salad

This is a colorful Italian salad that is loaded with good nutrition. Variations - Add small cubes of mozzarella cheese or mini balls of bocconcini cheese and/or bell peppers. To make this a meal salad, double the recipe and add grilled chicken or prawns.

Makes 6 servings

What you need:

3 large Roma tomatoes diced
1 clove garlic peeled and chopped
1 small red onion chopped finely
5 — one inch slices of dry baguette bread
1/2 long English cucumber
1 cup packed fresh basil leaves
3 tbsp. Olive oil
5 tbsp. Red wine vinegar
Pepper and Salt to taste

How you prepare:

Toss tomatoes, onion, garlic, oil, vinegar, pepper and salt in a large bowl. Let mixture stand covered ~1 hour or more. Grill or broil bread until darkly toasted. Tear or cut into bite sized pieces. When ready to serve add the cucumbers, basil and bread to the tomato mixture.

Per serving:

Calories 224
Carbohydrates 31 g
Protein 9 g
Fat 9 g
Dietary Fiber 11 g



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