RECIPE

Whole-grain panzanella with white beans

A summer lunch salad of toasted whole-wheat bread, ripe tomatoes, cucumber and white beans in an olive oil and red wine vinegar dressing, with a measured amount of salt.

MAKES

4 servings US Metric

TOTAL

55 min

Ingredients

- [ ] 4 slices day-old whole-wheat bread, cut in 1-inch cubes
- [ ] 1 tbsp olive oil, for the bread
- [ ] 4 medium ripe tomatoes (about 1 lb 1 oz), cut in wedges
- [ ] 1 cucumber (8 inches), sliced in half-moons
- [ ] 1 can (15 oz) no-salt-added white beans, drained and rinsed (about 1½ cups)
- [ ] ½ cup thinly sliced red onion
- [ ] 4 tbsp chopped fresh basil
- [ ] 3 tbsp olive oil, for the dressing
- [ ] 3 tbsp red wine vinegar
- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried oregano

Method

1. Heat the oven to 375 °F. Toss the bread cubes with 1 tbsp of the olive oil and spread them on a baking sheet in one layer.
2. Bake 10 to 12 minutes, stirring once, until the cubes are dry and golden at the edges. Let them cool on the sheet.
3. In a large bowl, whisk the 3 tbsp olive oil, the vinegar, garlic powder, oregano, salt and pepper.
4. Add the tomatoes, cucumber, beans and onion to the dressing and toss. Let them sit 10 minutes so the tomatoes give up their juice.

- [ ] ¾ tsp salt
- [ ] ¼ tsp black pepper

5. Add the cooled bread and the basil. Toss, then let the bowl stand 15 to 20 minutes at room temperature, until the bread has soaked up the juices and is soft outside with a little chew inside.

6. Serve in bowls, about 1⅔ cups each. Eat the same day; leftover salad turns soft but is still good the next day from the fridge.