

PANZANELLA (Tuscan Bread and Tomato Salad)

4 large tomatoes , cut into wedges or cubes
1/2 pound stale country-style Italian bread or Whole wheat bread
1 1/4 cups thinly sliced red onions
2 tsp. minced garlic
1/4 cup red wine vinegar
1/2 cup extra virgin olive oil
1 bunch fresh basil, stems removed, washed and spun dry, torn into pieces
salt and freshly ground pepper

I sometimes use fresh bread that I dry in the oven. Cut bread into cubes and place on a cookie sheet and drizzle olive oil lightly over cubes and bake at 200 degree F. until dried, about 1/2 hr.

In a large bowl, combine the tomatoes, bread, and onions. In a small bowl, whisk together garlic, vinegar, and oil. Pour dressing over the bread and let sit for 30 min. at room temperature. Add basil and salt and pepper and toss to combine. Serve.

HEALTHYKITCHENS.COM