LIFECARE ALLIANCE: DIETITIAN DEMO SERIES

Layered Panzanella



PREP:	COOK:	SERVINGS:
30 MIN	10 MIN	8

Panzanella is a classic Italian salad made with bread, tomatoes, onions, and cucumbers, tossed in a vinaigrette of olive oil and vinegar. It's a resourceful summer dish that uses up old bread, allowing it to soak up the juices from ripe tomatoes and dressing, creating a soft yet chewy texture.

Ingredients:

- 1 lb cherry tomatoes *halved*
- 1 lb additional tomatoes *smaller bite-sized*
- ½ cucumber, cut into *thin pieces*
- 8 oz fresh mozzarella
- ⅓ cup fresh basil *chopped*
- *Croutons/1-2 day old bread, optional*
- 2 TBSP extra-virgin olive oil
- 3 TBSP red wine vinegar
- ½ tsp dried oregano
- 1 large garlic clove
- ½ tsp sea salt
- Black pepper *ground*
- ½ small red onion *thinly sliced*
- *kalamata olives for garnish, optional*

Directions:

1. In a bowl, combine olive oil, vinegar, oregano, garlic, salt, and a generous amount of black pepper. Whisk until combined.
2. Cut your onion slices down the middle to make the pieces more manageable. Then, stir the onions into the dressing. Place the bowl in the refrigerator while you assemble the salad.
3. Place the tomatoes on a large serving platter. *Optional Nestle about half of the croutons in between the tomatoes, and distribute the rest on top*. Place the cucumber rounds and mozzarella all over the salad.
4. Remove dressing from fridge, use a fork or your hands to distribute the onions all over. Give the remaining dressing a stir and drizzle it over the salad. Sprinkle basil and olives on top, followed by extra black pepper and dried oregano.
5. Ideally, let the salad marinate for 20 minutes (or up to 1 hour) before serving.

Recipe & Photo Credit: Layered Panzanella Salad - cookieandkate by Cookie & Kate

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