



Tuscan Panzanella Salad

INGREDIENTS:

3- 4 slices of your favorite gluten free bread cut into small cubes

3 TBS. Olive Oil

1 tsp. garlic salt

3 – 5 cups of diced tomatoes – use a variety of types and colors, seeds and peel included

½ sliced red onion

1 red bell pepper, julienne (yellow or orange would work well too)

½ cucumber – peeled, quartered, and sliced

1/3 fennel bulb – shaved

10 pitted black olives – sliced

1 TBS. capers, chopped fine

5 to 6 Basil leaves, rolled up cigar fashion and sliced fine

3 TBS. Red Wine Vinegar

1 TBS. Lemon juice

1/3 cup Olive Oil

Sea Salt and Cracked Black Pepper

Parmesan Cheese

DIRECTIONS:

To prepare your croutons – Cut up your bread and put in a small mixing bowl. Sprinkle on your garlic salt, then add in olive oil. Toss to coat.

Heat oven to 300° and place croutons on baking sheet and bake until crisp. Due to not knowing what type of gluten free bread you might be using, time can vary, so keep an eye on this – could be anywhere from 10 – 30 minutes. You know how gluten free bread is!

For the salad – cut up all of your vegetables and place in a medium sized mixing bowl. I just added my dressing ingredients individually – I didn't make it in a separate bowl. Toss to combine and allow it to marinate for about 15 minutes.

Prior to serving, add in croutons so they can start soaking up your awesome dressing.

Garnish with some Parmesan when serving. While it is a nice touch – it does not take away from its awesomeness to go without if you are not interested in dairy.