

# Panzanella Salad



NUTRITION CONSULTING INC.

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**Makes 6 Servings**

## What You Need

*Variations - Add small cubes of mozzarella cheese and/or bell peppers.*

3 large Roma tomatoes diced  
1 clove garlic peeled and chopped  
1 small red onion chopped finely  
3 tbsp. Olive oil  
5 tbsp. Red wine vinegar  
Pepper and Salt to taste

5 — one inch slices of dry baguette bread  
1/2 long English cucumber  
1 cup packed fresh basil leaves

## Per Serving

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

## 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.