

# Arc of Freshness Recipe

*Sherri Brooks Vinton*

[SherriBrooksVinton.com](http://SherriBrooksVinton.com)

## **Panzanella**

Makes 8 to 10 servings

This is a splendid salad to serve in the summer; it has all the flavors of a good kitchen garden at the peak of harvest. It tastes quite light but the bread makes it a meal. If you want something even more substantial, you can add mozzarella balls, pearls, or cubes, some olives, diced chicken, or grilled shrimp.

Note: Soaking the onion in cold water removes excess sulfuric acid, which takes the edge off its bite and keeps it from developing a strong, sulfuric smell while the salad rests.

### **Ingredients:**

1 loaf stale bread, cut into 1-inch cubes

1/2 cup plus 2 tablespoons olive oil

1 tablespoon Dijon mustard

2 tablespoons red wine vinegar

Salt and freshly ground black pepper

1 tablespoon capers

1 cucumber, peeled, seeded, and cut into 1-inch dice

2 large tomatoes, seeded and cut into 1-inch dice

1 green bell pepper, seeds and ribs removed, cut into 1-inch dice

1 yellow bell pepper (or another green pepper), seeds and ribs removed, cut into 1-inch dice

1 small red onion, thinly sliced, soaked in cold water for 5 minutes, and drained

1 handful of basil leaves, torn

Additional ingredients, such as olives, fresh mozzarella cut into cubes, diced grilled chicken, or grilled shrimp (optional)

### **Prepare:**

Preheat the oven to 350°F. Drizzle the bread cubes with 2 tablespoons of the olive oil and bake for 10 to 15 minutes, until beginning to brown. Remove from the oven and allow to cool completely.

In a large bowl, whisk the mustard, vinegar, and a pinch of salt and pepper to combine. Slowly drizzle in the 1/2 cup of olive oil, whisking constantly to emulsify the dressing. Add the capers and stir to combine. Add the toasted bread cubes, cucumbers, tomatoes, peppers, and onion and toss to combine. Allow to rest for 30 minutes to allow the vegetables to weep a bit and the bread cubes to absorb the dressing and the vegetables' water. Add the basil and additional ingredients, if using, and toss to combine. Adjust the seasoning and serve.

–From “Eat it Up!” by Sherri Brooks Vinton, Da Capo Lifelong Books, 2016



[www.MotherEarthNewsFair.com](http://www.MotherEarthNewsFair.com)