

Spring Panzanella

Fresh, top-quality Ontario greenhouse vegetables enhance the flavours of Tuscany's simple tomato bread salad. This salad's fresh taste is excellent on its own or as part of a meal.

Preparation Time: 15 minutes

Cooking Time: 10 minutes

5 medium Ontario greenhouse tomatoes, cored, cut into chunks
5 cups (1.25 L) Italian bread (ciabatta), day-old, cubed (1-inch/2.5 cm)
½ Ontario greenhouse cucumber, halved, sliced
½ cup (125 ml) Ontario red onion, thinly sliced

½ cup (125 ml) fresh basil leaves, lightly packed, slivered
2 tbsp (25 ml) capers, rinsed

Dressing:

¼ cup (50 ml) olive oil extra-virgin
2 tbsp (25 ml) red wine vinegar or balsamic vinegar
1 clove Ontario garlic, minced
½ tsp (2 ml) salt
¼ tsp (1 ml) pepper

1. In large serving bowl, combine tomatoes, bread, cucumber, onion, basil and capers.
2. **Dressing:** In small bowl, whisk together olive oil, vinegar, garlic, salt and pepper. Drizzle over salad; toss until well coated. Let stand a few minutes until bread absorbs juices. *Serves 6 to 8.*

Tip: To sliver basil, stack about 5 leaves at a time and roll tightly into cigar shape. Slice crosswise into slivers (called chiffonade in French).

Nutritional Information Per Serving (when recipe serves 8):

Protein: 3 g Fat: 6 g Carbohydrates: 17 g Calories: 130