

Bread Salad

Serving Size 1 cup

Servings 4

Prep Time 10 min

Cook Time 25 min



Nutrition Information

Calories	222.3
Fat	4.7 g
Saturated fat	0.9 g
Polyunsaturated fat	0.8 g
Monounsaturated fat	2.6 g
Cholesterol	0.7 mg
Sodium	413.9 mg
Protein	7 g
Carbs	38.5 g
Fiber	3.1 g

Health Benefit

Low Fat

Ingredients

1/4 loaf bread, day-old, high-quality (we used whole wheat sourdough)

3 garlic cloves (2 minced, 1 set aside)

3 tomatoes, large, diced

1/2 cup fresh basil leaves, chopped

2 tablespoons Parmesan cheese, grated

1 tablespoon olive oil

1/2 teaspoon black pepper, freshly ground

2 tablespoons lemon juice

zest 1/2 lemon

pinch salt

Directions

1. Preheat oven to 400°F. Slice the bread into inch-wide pieces. Put bread slices directly on the oven rack to toast until dry, about 5 minutes. Remove from the oven. While the bread is still warm, rub all over with the whole garlic clove. Chop the bread into 1"-inch cubes.

2. Toss the bread with the remaining ingredients and garlic. Let it sit for at least 15 minutes before serving. If you're keeping it for later, refrigerate and bring to room temperature before serving.
3. Handy Hint: Diced fresh tomatoes will release a lot of juice, especially as the salad sits, so toss the salad occasionally to keep the flavors even. It will only make the salad more delicious!

Nina Lincoff