



Issue # 493

February 25, 2014

The Art of the Salad

Piling on produce and tossing in whole grains, beans or a sprinkle of nuts is a sure bet for a nutritious salad. Try this winter recipe featuring comforting whole-wheat bread, plum tomatoes and sweet onion. Dressed with a traditional Panzanella dressing, it packs the sharp flavor of vinegar with the light touch of oregano. Work a colorful salad into your day to get a variety of plant foods – an important element of a cancer-protective diet.

Winter Bread Salad

3 cups whole-wheat Italian bread (4 oz.), in 1-inch cubes
1 garlic clove, halved lengthwise
3 very ripe plum tomatoes
1 celery rib, thinly sliced
1/2 cup diced sweet onion
3 cups romaine lettuce, cut crosswise into 3/4-inch strips
3 Tbsp. chopped flat leaf parsley, optional

Dressing

3 Tbsp. white or red wine vinegar
1/4 tsp. sea salt
1/2 tsp. sugar
1 tsp. dried oregano
Freshly ground pepper
2 Tbsp. extra virgin olive oil

Spread cubed bread in single layer on baking sheet and let sit until surface feels dry on most sides, or cubes are firm but not stale-hard, 2 to 6 hours.

Rub salad bowl, preferably wood or bamboo, liberally with cut side of half a garlic clove. Reserve the other garlic half for another use. Cut tomatoes lengthwise into quarter-wedges, then cut crosswise into chunky pieces. Place tomatoes and any juice in prepared bowl.

Add celery, onion and bread cubes. Arrange lettuce over chopped vegetables. Sprinkle on parsley, if using.

For dressing, whisk vinegar, salt and sugar in small bowl until salt and sugar dissolve. Add oregano and 3-4 grinds pepper. Whisk in oil.

At table, pour dressing over salad and toss until it well-coated and any extra dressing pools in bottom of bowl. Divide salad among 4 wide, shallow bowls, including liquid from bottom of salad bowl.

Makes 4 servings.

Per serving: 158 calories, 8 g total fat (1 g saturated fat), 20 g carbohydrate, 4 g protein, 4 g dietary fiber, 281 mg sodium.