

# Summer Grilled Panzanella Salad

My own concoction



Don't make this - under any circumstances - unless tomatoes are IN season.

## VINAIGRETTE:

- 3 tablespoons red wine vinegar
- 1/3 cup extra virgin olive oil
- 2 cloves garlic, mashed & minced
- Salt and freshly ground black pepper to taste

## BREAD:

- 14 ounces sourdough bread
- Olive oil spray

## SALAD:

- 1 cup hothouse cucumber, chopped
- 2 tablespoons capers
- 2 tablespoons Kalamata olives, halved lengthwise
- 3 whole bell peppers, red, orange and yellow
- 2 whole corn on the cob
- 1/4 cup fresh basil, chopped (use more if you like it as much as I do)
- 1/4 cup Italian parsley, chopped
- 2 tablespoons fresh tarragon, minced (optional)
- 3 cups arugula, chopped some
- 1 cup fresh mozzarella, little balls or small chunks
- 2 1/2 pounds ripe tomatoes, peeled, large chop
- 1 cup green beans, cooked and chopped
- Salt and freshly ground black pepper to taste

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 6

*I prefer this salad made with relatively fresh bread - if it's allowed to completely stale it gets hard. I let a sourdough loaf sit out at room temp overnight, then slice it, grill it and cut it up into cubes. The inside of the cubes still have some softness. Once the salad is completed, I like the bread to still have some dry bits (that happens only if you eat it instantly). If you prefer a wetter salad, just increase the dressing by about half. The fresh tomatoes provide a LOT of fluid which soaks into the bread anyway. The dressing just adds a bit of piquant.*

1. Combine vinaigrette ingredients and set aside for up to 2 hours.
2. Cut sourdough bread into 1-inch thick slices. Trim crusts off the bread. Spray with olive oil spray.
3. Prepare grill and quickly grill bread on both sides so it has grill marks, but it's still a bit soft inside, 2-3 minutes over a hot fire. Set aside and when cool enough to touch, cut into bite-sized cubes.
4. VEGETABLES: cut bell peppers into big flat pieces, discarding core. Spray veggies with olive oil spray. Grill peppers and corn so both have grill marks, but don't over cook them. Set aside and leave at room temp. Remove corn from the cob. Chop peppers into 1-inch chunks.
5. SALAD: In a large bowl combine all the ingredients - everything except the bread and dressing. Pile the grilled bread on top. Stir vinaigrette vigorously before starting to toss the salad. Pour the vinaigrette as evenly as possible over the bread and toss to combine. Serve immediately.

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Per Serving (excluding unknown items): 477 Calories; 23g Fat (41.0% calories from fat); 18g Protein; 55g Carbohydrate; 7g Dietary Fiber; 21mg Cholesterol; 569mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.