



Panzanella Salad

This is a classic Italian bread-and-tomato salad. Adding a variety of fresh summer vegetables and herbs puts a modern twist to the traditional Panzanella salad. Be adventurous with this recipe and use whatever veggies you have on hand to make a colourful salad to share with friends. This veggie-loaded salad is abundant in vitamins C and A, and is a great source of iron and fibre too!

Prep: 25 minutes • Total: 45 minutes

Ingredients:

Sweet Bell Peppers (assorted)	3 large	3 large
Summer squash/zucchini	4 large	4 large
Red onion (diced)	1 medium	1 medium
Fresh lemon juice	¼ cup	50 mL
Red wine vinegar	2 Tbsp	30 mL
Dijon mustard	½ tsp	2 mL
Extra virgin olive oil	⅓ cup	80mL
Fresh tomatoes (diced)	5 medium	5 medium
Fresh parsley (chopped)	2 Tbsp	30 mL
Fresh basil (sliced)	3 Tbsp	45 mL
Fresh ciabatta (small)	1 loaf	1 loaf

Directions:

1. Chop peppers and zucchini into bite-size pieces and place in a large bowl.
2. Dice the onion and add to the bowl.
3. In a small bowl, whisk together lemon juice, vinegar, and mustard. Slowly whisk in olive oil.
4. Add dressing, diced tomatoes, and fresh herbs to the vegetables.
5. Let stand for 15 minutes.
6. Meanwhile, cut ciabatta loaf into 1 inch cubes. If desired, toast for 5 minutes in a pre-heated 200°C (400°F) oven.
7. Add ciabatta chunks just before serving. Season salad with salt & pepper. Mix well.

Nutrition Facts

Serving Size (458g)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 33g	11%
Dietary Fiber 6g	24%
Sugars 11g	
Protein 7g	
Vitamin A 60%	• Vitamin C 370%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from: Epicurious.com

Makes 4 servings (458 g / serving) • 1 serving = 1 large bowl of salad

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