

Summer Bread Salad

Ingredients:

- 6 ripe tomatoes, seeded and cut into 1-inch chunks
- 6 cups 1-inch cubes of Italian bread, such as ciabatta
- 1 cucumber, peeled, seeded, and cut into 1/4-inch thick slices
- 1 red bell pepper, cored, seeded and diced
- 1/2 small red onion, thinly sliced
- 1/2 cup pitted Kalamata olives
- 1/2 cup extra-virgin olive oil
- 1/4 cup sherry vinegar
- Kosher salt and black pepper to taste
- 1/2 cup lightly packed fresh basil leaves
- 1/2 cup lightly packed fresh mint leaves

Equipment:

- Cutting board
- Knife
- Large bowl
- Wooden spoon
- Measuring spoons
- Measuring cups

Number of Servings: 8
Prep Time: 20 minutes
Total time: 1 1/2 hours

Directions

1. Put the tomatoes, bread, cucumbers, peppers, onions, and olives in a large bowl and toss to mix. Drizzle with the olive oil and vinegar and season well with salt and pepper. Toss again.
2. Let marinate for at least 30 minutes and ideally 1 hour, tossing occasionally to distribute the juices. Right before serving, toss in the basil and mint and then taste and adjust with more salt and pepper, oil, or vinegar. Serve at room temperature.

TIP: Wash all vegetables before using!



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Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 202	Calories from Fat 162
%Daily Value*	
Total Fat 18g	28%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 262mg	11%
Potassium 349mg	10%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	9%
Protein 2g	3%
Vitamin A 37%	Vitamin C 83%
Iron 8%	Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet.

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