

Panzanella

Heart Health

Items Needed: cutting board, knife, measuring cups, measuring spoons, fork, skillet with lid, wooden spoon

Serves: 4

Ingredients:

- 4 Roma tomatoes chopped
- ½ small red onion chopped
- ½ English cucumber chopped
- 1 stale baguette
- 1 15 ounce can cannellini beans
- 3 tbsp. olive oil (more as needed)
- 1.5 tbsp. red wine vinegar
- ½ tbsp. Italian seasoning
- Salt and ground black pepper to taste



Directions:

1. Chop tomatoes, red onion and cucumber into bite sized pieces- leaving in tomato and cucumber seeds
2. Tear bread into bite-sized chunks and toss in a medium bowl
3. Add tomatoes, red onion and cucumber to bowl with bread and toss well to make salad even
4. Drain cannellini bean brine and rinse with cool water to remove sodium from the brine
5. Toss beans with salad in medium bowl mixing well
6. In a small bowl mix olive oil, red wine vinegar, Italian seasoning, salt and ground black pepper. Toss dressing to coat mixture in medium bowl and set aside.
7. Let sit for at least 5 minutes and up to 30 minutes.
8. Toss with a little more olive oil, vinegar and salt if needed just before serving.



Nutrition Information (per ¼ recipe):

Calories: 330 Fat: 11 g Carbs: 45 g Protein: 12 g Fiber: 11 g Sodium: 440mg

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