

# PANZANELLA WITH CUCUMBER

## INGREDIENTS

- 4 cups day-old crusty whole-wheat peasant-style (rustic) bread, cut in 1-inch cubes
- 3 medium ripe tomatoes (about 1 pound), cut in 1-inch cubes
- 4 oz fresh mozzarella cheese, cut in bite-size chunks
- ½ medium unwaxed cucumber, quartered crosswise, sliced
- ½ small red onion, thinly sliced
- 20 large fresh basil leaves, torn in small pieces
- ¼ cup extra-virgin olive oil
- 2 Tbsp red wine vinegar or balsamic vinegar
- 1 clove garlic, minced
- ½ tsp Dijon mustard (optional)
- Salt and pepper, to taste



**Serving Size: 1 cup | Serves: 8**  
**Nutrition Information:** Calories: 170; Total fat: 11g; Saturated fat: 3g; Cholesterol: 10mg; Sodium: 160mg; Total carbohydrate: 15g; Dietary fiber: 5g; Sugars: 3g; Protein: 6g.

*Recipe courtesy of Academy of Nutrition and Dietetics*

## DIRECTIONS

1. Combine the bread, tomatoes, mozzarella cheese, cucumber, onion and basil in a large salad bowl.
2. To make the dressing, blend the olive oil, vinegar, garlic and mustard (if desired). Season with salt and pepper.

Whisk well to blend.

3. Pour dressing over the tomato-bread mixture. Toss gently.
4. Cover; let sit at room temperature for at least 30 minutes for the flavors to blend as the bread softens.