

Italian Bread Salad

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*Traditional Italian home-
fare...*

Servings: 8

A neat tip for "dressing" a salad: pour a thin drizzle of oil around the perimeter of your salad bowl, then a splash in the centre. Repeat with the vinegar. Toss well to combine. This works for all size salads, all size bowls. Bon Appetit!

Salad

2 ripe tomatoes, chopped
1 english cucumber, peeled and chopped
1 small container olives, pitted
1 sm head lettuce, optional (not traditional, but a good filler)
2 garlic cloves, minced
Parmesan cheese, shaved
Croutons
2 baguette, cut into bite-sized pieces
dried spices, to taste
olive oil
Dressing
red wine vinegar
salt and pepper, to taste
olive oil

Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

Preheat oven to 375°F; line a cookie sheet with parchment paper.

Place bread cubes in bowl; add your favourite dry spices; a generous amount of olive oil and toss to coat well. Spread onto cookie sheet and bake 12-15 minutes until golden brown and toasted.

Place salad ingredients in large bowl, add croutons and dressing ingredients to taste and toss well.

Plate salads and serve topped with large shaving of Parmesan.

*Per Serving (excluding unknown items): 325
Calories; 4g Fat (10.0% calories from fat); 11g
Protein; 62g Carbohydrate; 4g Dietary Fiber; 0mg
Cholesterol; 699mg Sodium. Exchanges: 4
Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat.*