

Summer Panzanella

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/bell-pepper-salad-recipe-indian>

Ingredients:

- 3 tablespoons olive oil good
- 1 french bread small, or boule, cut into 1-inch cubes, 6 cups
- 1 teaspoon kosher salt
- 2 tomatoes large ripe, cut into 1-inch cubes
- 1 hothouse cucumber unpeeled, seeded, and sliced 1/2 inch thick
- 2 bell peppers seeded and cut into 1-inch cubes, I like to use a combination of purple or yellow or orange, to nicely colorize the dish
- 1/2 red onion cut in half and thinly sliced
- 20 basil leaves large, coarsely chopped
- 3 tablespoons capers drained
- 1 teaspoon minced garlic finely
- 1/2 teaspoon Dijon mustard
- 3 tablespoons champagne vinegar
- 1/3 cup olive oil good
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper freshly

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 19 grams
3. Fat: 29 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 4 grams
7. Sodium: 1200 milligrams
8. Sugar: 6 grams

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