

Winter Panzanella Salad

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-beetroot-salad-recipe>

Ingredients:

- 1 sweet potato medium, halved lengthwise and sliced
- 1 parsnip large, halved lengthwise and sliced
- 1 beet medium, halved and sliced
- 4 cups bread cubed, about 1/2 of a fresh baguette
- 4 tablespoons extra-virgin olive oil divided
- 3 garlic cloves minced
- salt
- pepper
- 4 cups lacinato kale chopped, about 1 head of kale
- 1/2 teaspoon salt
- 1/4 cup fresh herbs chopped, like parsley and basil
- 3 tablespoons lemon juice about 1 lemon
- 1/4 cup extra-virgin olive oil
- 1 teaspoon honey
- 1/2 tablespoon shallot finely chopped
- 1 pinch salt and pepper
- 1/2 cup Parmesan cheese shaved, if desired

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 10 milligrams
4. Fat: 32 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 6 grams
8. Sodium: 1070 milligrams
9. Sugar: 7 grams

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