

# Grilled Panzanella Salad

Author: From Ina Garten, Food Network

<http://www.foodnetwork.com/recipes/ina-garten/grilled-panzanella-recipe/index.html>



1/2 cup olive oil  
 1 teaspoon minced garlic  
 1/2 teaspoon Dijon mustard  
 2 tablespoons champagne vinegar  
 Kosher salt and freshly ground black pepper  
 1/2 hothouse cucumber, unpeeled, seeded and sliced 1/2-inch thick  
 1 large ripe tomato, cut into 1-inch cubes  
 10 large basil leaves  
 3 tablespoons capers, drained  
 1 red onion, sliced into 1/4 inch rounds  
 1 red bell pepper, seeded and cut into 3 large pieces  
 1 yellow bell pepper, seeded and cut into 3 large pieces  
 1/2 small baguette, cut into 1-inch thick slices or torn in pieces

*Serving Ideas: Makes a lovely light dinner. Perfect for guests, although there is some last-minute prep required.*

*Per Serving (excluding unknown items): 294 Calories; 19g Fat (58.3% calories from fat); 5g Protein; 27g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 278mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 4 Fat; 0 Other Carbohydrates.*

**Carolyn T's Tasting Spoons blog:**  
<http://tastingspoons.com>

*Notes: I used a ciabatta loaf (wide, flat), cut it in half lengthwise so it was big flat surfaces to grill. I left all the crusts on. Just use a good serrated knife to cut the bread into cubes once it's grilled. Ina Garten recommended using a ficelle, which is a very thin baguette (and small).*

1. Prepare a charcoal grill with hot coals. Brush the grilling rack with olive oil.
2. In a small bowl, whisk together the garlic, mustard, vinegar, 1/4 cup olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. Set aside.
3. Place the cucumber, tomato, basil and capers in a large bowl, sprinkle with salt and pepper and toss together. Set aside.
4. When the grill is ready, brush 1 side of the onion slices and the peppers with olive oil. Place them, olive oil side down, on the grill and cook for 4 minutes. Brush the other side with olive oil, turn them over and continue cooking an additional 4 minutes. Remove the vegetables from the grill and place on a cutting board. Slice the peppers 1/2-inch thick, separate the onion rings and add them both to the cucumber mixture.
5. Brush the bread slices on both sides with olive oil and toast them on the grill until golden. Add them to the cucumber mixture. Pour the reserved vinaigrette over the vegetables and toss together. Serve warm.