

Lunch | Dinner

Panzanella Salad

1 Hr
Prep Time

15 Mins
Cook Time

6
Servings

 **390** Calories **25g** Fat **37g** Carbs **7g** Protein



Ingredients

 **6 Servings** • **Approximately 1 ½ Cup** Serving Size

 **60 Mins** Total Time

 **Allergens:** Gluten, FODMAPs

2 ½ lbs Tomatoes, cut into bite-sized pieces 

2 Tsp Kosher Salt, plus more to taste

¾ lb Sourdough Bread, cut into bite-sized pieces
(approximately 6 cups)

½ Cup + 2 Tbsp Extra Virgin Olive Oil, divided 

1 Shallot, minced 

2 Garlic Cloves, minced

½ Tsp Dijon Mustard

2 Tbsp Red Wine Vinegar

Black Pepper, to taste

½ Cup Packed Basil Leaves, chopped

Allergen Swap

Gluten Replace the sourdough bread with a gluten-free version

FODMAPs Replace shallots with scallions (green part only), replace minced garlic with garlic-infused olive oil

Nourishment Note



Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene has been shown to reduce the risk of heart disease, a condition common in those with RA.



Extra Virgin Olive Oil

Extra virgin olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation.



Shallots

Shallots are a good source of vitamin A, vitamin B6, vitamin C, and manganese. Vitamin C and B6 are especially important because deficiencies in these vitamins are common for those with RA.

Instructions

1. Preheat Oven

Preheat oven to 350° F.

2. Salt & Drain Tomatoes

Place chopped tomatoes in a colander set over a bowl and toss with 2 teaspoons kosher salt. Set aside and allow tomatoes to drain for at least 15 minutes at room temperature, tossing occasionally.

3. Bake Bread Cubes

Place bread cubes in a large bowl and toss with 2 tablespoons extra virgin olive oil. Once well coated, transfer to a rimmed baking sheet. Bake until crisp but not browned, about 15 minutes.

4. Whisk Together Dressing

For the dressing, remove the bowl from under the colander with the drained tomato juice and add minced shallots, garlic, red wine vinegar, and Dijon mustard. Whisking constantly, pour ½ cup extra virgin olive oil into the bowl in a steady stream. Salt and pepper, to taste.

5. Combine Ingredients & Let Rest

In a large bowl, combine the toasted bread, tomatoes, and dressing. Add basil leaves and toss to coat. Let rest for 30 minutes for the flavors to develop and allow the bread to absorb the dressing.

Recipe adapted from [serious-eats.com](https://www.serious-eats.com)

What You'll Need



Cutting Board



Knife



Colander



Large Bowl (3)



Measuring Cups



Measuring Spoons



Rimmed Baking Sheet



Whisk



Spoon

RA Cooking Tips

- Purchase pre-sliced bread to reduce cutting.
- Chop shallot and basil using a mezzaluna.
- Purchase jarred, minced garlic.