



Peach Panzanella Salad

Yield: 6 servings

Ingredients

- 16 ounces crusty whole wheat bread, cut into large cubes
- 15 ounces canned chickpeas, low or no salt added, drained and rinsed
- 1 teaspoon smoked paprika
- 3 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon minced garlic
- 1 tablespoon Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 3 ripe peaches, pitted and sliced
- 2 cups corn kernels, fresh or frozen
- 2 cups halved cherry tomatoes
- 1 cup chopped basil
- ½ cup thinly sliced red onion

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

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Instructions

1. Heat oven to 400 degrees and line 2 baking sheets with parchment paper.
2. Spread out bread onto one baking sheet. On the other spread out chickpeas and sprinkle with smoked paprika. Bake for 10 to 20 minutes, until bread is golden brown, and chickpeas are slightly crispy. Set aside to cool.
3. In a large bowl, whisk together red wine vinegar, olive oil, garlic, mustard, salt and pepper.
4. To the large bowl, add peaches, corn, tomatoes, basil, red onion, cooled bread and chickpeas. Toss to combine. Serve immediately or keep bread separate until ready to serve

Nutrition Information

Serving Size: ⅓ of recipe

Calories: 386
Total Fat: 7.6 g
Saturated Fat: 1 g
Monounsaturated Fat: 3.9 g
Polyunsaturated Fat: 1.9 g
Sodium: 576 mg
Total Carbohydrate: 70 g
Dietary Fiber: 10.4 g
Sugars: 15 g
Protein: 13.4 g

Source: Adapted from Love and Lemons

