

Late Summer Panzanella (Bread Salad)

Salad:

- 3 cups 1-inch diced stale bread (use anything you have on hand)
- ½ cup diced bell pepper
- 1 small red onion, sliced thin
- ½ cup radishes, sliced thin
- 1 small squash or zucchini
- 1 ½ cups halved grape tomatoes OR 2 large chopped tomatoes
- ½ head of lettuce or bunch of greens, torn into bite-sized pieces
- ¼ cup coarsely chopped fresh green herbs like parsley, basil, or cilantro
- ¼ cup vinaigrette
- Salt and pepper to taste

Mustard vinaigrette:

- 2 tablespoons vinegar
- 1 to 2 teaspoons mustard
- 1 teaspoon honey
- 4 tablespoons vegetable oil
- Salt and pepper to taste
- **Optional:** 1 tablespoon minced shallot, red onion, or garlic
- **Optional:** 1 tablespoon minced fresh herb

Salad: Wash hands with warm water and soap, scrubbing for at least 20 seconds. **Rinse** all produce under running water. **Salt** the tomatoes, and let sit for a few minutes until juice exudes. **Place** the bread in a large bowl and **add** the peppers, squash, onions, and radishes. **Pour** tomatoes on top and toss again. **Shake** the vinaigrette to mix it together and add to the bread mixture and **toss** to combine. **Add** the lettuce or greens and drizzle the vinaigrette to just cover all the other ingredients. **Slice** or mince the herbs and add at the last minute and toss. **Taste** and season with more salt if needed.

Mustard vinaigrette: **Combine** the vinegar, shallot, salt, pepper, and mustard. **Give** it a stir with a whisk or fork to soften the shallot. **Add** the honey, then drizzle the oil in while whisking. **Mince** and stir in the herb just before serving. Or you can put all the ingredients in a lidded canning jar and shake vigorously. In larger quantities, you can use a blender. Taste and season with salt and pepper.

Yield: 6 servings. **Nutrition Analysis:** 270 calories, 11g fat, 1.5g saturated fat, 0g trans fat, 0mg cholesterol, 280mg sodium, 40g carbohydrate, 3g fiber, 8g total sugars, 5g added sugars, 8g protein, 0% vitamin D, 6% calcium, 10% iron, 8% potassium.



Kentucky Tomatoes

SEASON: July through October

NUTRITION FACTS: Tomatoes are rich in nutrients that promote good health, including fiber and vitamins C and A. A medium tomato contains about 25 calories, 20mg sodium, and is a good source of potassium.

SELECTION: Choose firm, well-shaped tomatoes that are fragrant and rich in color. Tomatoes should be free from blemishes, heavy for their size, and give slightly to pressure. Three to four medium tomatoes weigh about 1 pound. One pound of tomatoes yields about 2 1/2 cups of chopped tomatoes.

STORAGE: Store ripe tomatoes at room temperature, and use them within three days. Keep out of direct sunlight. Place green tomatoes in a paper bag to ripen.

PREPARATION: Wash fresh tomatoes in cool running water.

To peel: Place tomatoes in boiling water for about 30 seconds, then transfer to cold water. Skins will slip off.

To seed: Scrape seeds away from the flesh with a pointed utensil. Avoid puncturing the skin.

To slice: Slice lengthwise to retain juice. A serrated knife works best.

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

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September 2025

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