

# Panzanella Bread Salad



TOTAL TIME

2 hrs 20 mins



COURSE

Dinner, Lunch, Salad, Snacks



SERVINGS

7 serving

CALORIES

405 kcal

## INGREDIENTS

### High protein Sandwich bread ingredients:

- 2 ½ c all purpose flour
- 1 ½ c vital wheat gluten
- 1 Tbsp active dry yeast
- 1 Tbsp sugar
- 1 tsp salt
- 2 ½ c hot water 110°F/43°C

### Salad Ingredients:

- 1 loaf of high protein sandwich bread cut into cubes and toasted until dry
- 3 pounds of ripe tomatoes cut into small wedges or cubes
- ⅓ c red wine vinegar or balsamic vinegar
- 2 Tbsp extra virgin olive oil
- 3 garlic cloves minced
- 1 tsp dijon mustard
- 1 ½ tsp fresh thyme
- 2 small shallots thinly sliced

- ⅔ c fresh basil torn
- Black pepper
- 1 package Miyoko's fresh Mozzarella cubed into ~ ½ inch pieces

## INSTRUCTIONS

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### Bread instructions:

1. In a large bowl, mix flour, vital wheat gluten, yeast, and salt until well mixed.
2. In a smaller bowl, dissolve sugar into the hot water.
3. Add the water mixture to the flour mixture using a wooden spoon.
4. Mix as little as possible to fully incorporate everything. Do not overmix this.
5. Transfer mixture to a greased 8 inch bread pan.
6. Cover and let rise for 20 minutes.
7. Preheat oven to 400°F/204°C
8. Bake for 45 minutes at 400°F/204°C
9. Remove from oven and let cool for 2 hours before slicing.
10. Cut loaves into ½ inch cubes.
11. Toast in an oven at 350°F for ~15 minutes or until thoroughly dried out.

### Salad instructions:

1. Place a large colander over a large mixing bowl. Place the tomatoes in the colander and sprinkle with kosher salt. Toss briefly with your hand. Set aside for a few minutes to allow the tomatoes to release their juices in the mixing bowl.
2. When ready, move the colander with the tomatoes to the sink for now, and use the mixing bowl with the tomato juice to make the dressing. Add vinegar, extra virgin olive oil, garlic cloves, dijon mustard, thyme, and a large pinch of black pepper. Whisk to combine.
3. **Add the tomatoes, bread cubes, shallots, torn basil and cubed Miyoko's vegan mozzarella to the mixing bowl and toss to coat with the dressing. Allow the salad to sit for at least 20 to 30 minutes before serving.**
4. **Divide into 7 tupperware containers.**
5. **Alternatively, you can prepare the components of the salad and assemble each one about 20-30 minutes before lunch.**

## NUTRITION

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# Nutrition Facts

Panzanella Bread Salad

Amount Per Serving (1 g)

**Calories** 405      Calories from Fat 99

**% Daily Value\***

**Fat** 11g      **17%**

**Carbohydrates** 49g      **16%**

**Protein** 29g      **58%**

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

soy-free

**Tried this recipe?**

Let us know how it was!