



Superfood Panzanella Salad

**powerful
+ pairings**
delicious + nutritious + ingenious

Ingredients

White Balsamic Vinaigrette:

3 tablespoons white balsamic vinegar
½ cup extra-virgin olive oil
1 teaspoon honey or coconut nectar
½ teaspoon freshly ground black pepper
¼ teaspoons plus 1/8 teaspoon sea salt

Panzanella:

1¾ cups cooked sorghum, pearled or whole grain, chilled
3½ tablespoons extra-virgin olive oil, divided
12 ounces crusty sourdough bread, cubed (7 cups cubes, 1- to 1¼-inches each)
2 medium peaches or other stone fruit, seeded, and cut into 8 wedges each
¾ teaspoon plus 1/8 teaspoon sea salt, divided
6 ounces fresh mozzarella cheese, cubed
2 cups tri-color cherry or grape tomatoes, halved
7- to 8-inch portion English cucumber, sliced into half rounds (8 ounces)
1 (15-ounce) can cannellini or other white beans, well drained
½ medium red onion, thinly sliced
½ cup packed fresh herb mixture, such as mint, basil, and dill

Directions

- 1. Make the vinaigrette:** Add the vinegar, olive oil, honey, pepper, and salt to a jar or sealable container; shake vigorously.
- 2. Dress the sorghum:** In a medium bowl, combine ¼ cup of the vinaigrette with the sorghum; set the dressed sorghum and the vinaigrette aside.
- 3. Toast the sourdough:** Fully heat 2½ tablespoons of the olive oil in a wok or large deep skillet over medium heat. Stir in the sourdough cubes and ½ teaspoon of the salt, then cook while stirring (or flipping with tongs) the cubes occasionally until browned and crisp, about 8 minutes.
- 4. Pan-grill the peaches:** Meanwhile, heat a grill pan (or outdoor grill) over medium-high heat. Brush the peach wedges with the remaining 1 tablespoon olive oil. Grill the peach slices until rich grill marks form on both sides, about 2 minutes per side. Sprinkle with 1/8 teaspoon sea salt. (Alternatively, skip the grilling and keep it fresh.)
- 5. Make the salad:** In a large bowl, fold (or gently stir) together the mozzarella, tomatoes, cucumbers, beans, onion, and remaining ¼ teaspoon salt. Add the toasted sourdough cubes, dressed sorghum, pan-grilled peach slices, three-quarters of the herbs, and desired amount of the remaining vinaigrette and fold to combine.
- 6.** Transfer the salad to a large platter, top with the remaining herbs, and serve with any remaining vinaigrette on the side.

Servings: 12

Serving Size: 1 rounded cup

Prep time: 30 minutes

Cook time: 10 minutes

Total time: 40 minutes

Nutrition Information (per serving)

Calories 320	Protein 10g
Total Fat 18g	Calcium 120mg (10%)
Saturated Fat 4g	Iron 2.7mg (15%)
Cholesterol 10mg	Potassium 300mg (6%)
Sodium 550mg	
Carbohydrate 33g	
Fiber 4g	
Sugars 6g	

Recipe created by Patricia Bannan, MS, RDN for Powerful Pairings.

