

Panzanella (Bread Salad)

Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created A Pinch of Salt, LLC offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel works closely with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 7 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens.



Panzanella

Serves 4-6

Ingredients:

½ a crusty bread, (Tuscan) cubed, day old bread preferred
1 large beefsteak tomato or 2 Romas or Plum tomatoes, diced
½ English cucumber, diced
½ small red onion, thinly sliced
½ tbs. capers, rinsed
½ tbs. red wine vinegar
basil leaves, torn
salt & pepper to taste
extra-virgin olive oil

Directions:

1. Preheat oven to 425 degrees.
2. In a roasting pan add bread. Drizzle with olive oil and season with salt & pepper. Bake bread for 10-15 minutes until golden. Remove from oven and set aside.
3. Meanwhile in a large bowl combine tomatoes, cucumbers, onion, capers. Add vinegar, basil and season with salt and pepper. Add bread. Gently toss. Adjust seasoning if necessary. Set aside for at 20 minutes so flavors can mingle. Serve at room temperature.

Chef Raquel Rivera-Pablo

A Pinch of Salt, LLC

347-746-SALT (7258)

www.apinchofsalt.com

Raquel@apinchofsalt.com



Bringing Good Food For All