

Tuscan Bread Salad

Preparation time: 15 minutes

Cooking time: 6 minutes

4 tablespoons extra-virgin olive oil, divided
2 cloves garlic, minced, divided
4 slices (1/2-inch thick) Italian bread, about 4 inches in diameter
1 small head romaine lettuce
1/2 cup drained Lindsay Pitted Ripe Olives, halved if desired
1 large ripe tomato, seeded, diced
1 cup rinsed and drained canned great northern or cannellini beans
2 tablespoons balsamic vinegar
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 tablespoons sliced fresh basil leaves (optional)

Combine 1 tablespoon of the olive oil and 1 clove garlic; brush over both sides of bread slices. Grill bread 2 to 3 minutes per side in a ridged grill pan or broil 1 to 2 minutes per side until lightly toasted. Reserve outer leaves of lettuce. Tear or chop enough of the inner leaves to measure 6 cups. In a large bowl, combine torn lettuce, olives, tomato and beans. Cut grilled bread into cubes; add to lettuce mixture. Combine remaining 3 tablespoons oil, remaining clove garlic, vinegar, salt and pepper; mix well. Add to lettuce mixture; toss well. Arrange outer leaves of lettuce on four serving plates; top with salad. Sprinkle basil over salads, if desired. Makes 4 servings.

Variation: sliced grilled chicken may be served over the salad.

Nutrition information per serving: Calories: 280 Calories from fat: 156 Total fat: 17g
Monounsaturated fat: 12g Cholesterol: 0mg Sodium: 637mg Total Carbohydrates: 26g
Dietary Fiber: 6g Protein: 6g