



wednesday

SALMON PANZANELLA

8 Kalamata olives, pitted and chopped
3 tablespoons red-wine vinegar
1 tablespoon capers, rinsed and chopped
 $\frac{1}{4}$ teaspoon freshly ground pepper, divided
3 tablespoons extra-virgin olive oil
2 thick slices day-old whole-grain bread, cut into 1-inch cubes
2 large tomatoes, cut into 1-inch pieces
1 medium cucumber, peeled (if desired), seeded and cut into 1-inch pieces
 $\frac{1}{4}$ cup thinly sliced red onion
 $\frac{1}{4}$ cup thinly sliced fresh basil
1 pound center-cut salmon, skinned and cut into 4 portions
 $\frac{1}{2}$ teaspoon kosher salt

Preheat grill to high.

Whisk olives, vinegar, capers and $\frac{1}{8}$ teaspoon pepper in a large bowl. Slowly whisk in oil until combined. Add bread, tomatoes, cucumber, onion and basil.

Oil the grill rack. Season both sides of salmon with salt and the remaining $\frac{1}{8}$ teaspoon pepper. Grill the salmon until cooked through, 4 to 5 minutes per side.

Divide the salad among 4 plates and top each with a piece a of salmon.

© Meredith Corporation. All rights reserved. Used with permission.

Serves 4

Active Time: 30m

Total Time: 30m

NUTRITION FACTS

Amount per serving:

Calories: 358

Total Fat: 21g

Saturated Fat: 3g

Monounsaturated Fat: 12g

Cholesterol: 72mg

Sodium: 386mg

Carbohydrates: 14g

Dietary Fiber: 5g

Total Sugars: 4g

Added Sugars: 0g

Protein: 29g

Potassium: 975mg