



STRAWBERRY PANZANELLA SALAD

ingredients:

- 2 cups sliced fresh strawberries
- 2 cups plain croutons
- 1 cup grape tomatoes, sliced in half
- 1 cup diced English cucumber
- 1/4 cup diced red onion
- 1/2 cup fresh basil, roughly chopped

Dressing:

- 2 Tablespoons extra-virgin olive oil
- 3 Tablespoons white balsamic vinegar
- 1 Tablespoon honey
- 1/2 teaspoon Italian seasoning
- 1/8 teaspoon salt

directions:

1. In a small mixing bowl, whisk together olive oil, balsamic vinegar, honey, Italian seasoning, and salt. Set aside.
2. In a large bowl, combine strawberries, croutons, grape tomatoes, cucumber, red onion, and basil with dressing. Stir to coat evenly.
3. Serve immediately or refrigerate until ready to serve.

Yield: 6 servings

Nutrition Information Per Serving:

- 138 Calories
- 6 grams Fat
- 1 gram Saturated Fat
- 0 mg Cholesterol
- 147 mg Sodium
- 9 grams Carbohydrates
- 3 grams Fiber
- 3 grams Protein

Food exchanges:

1 vegetable, 1/2 fruit, 1 fat



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