

# Spicy Panzanella

## Ingredients:

2 small field cucumbers

2 medium tomatoes

4 slices day-old bread

Dressing

1 jalapeno, finely chopped

2 tablespoons tomatoes, finely chopped

1 lime, juiced

2 tablespoons olive oil

Salt and pepper to taste

## Directions:

1) Peel cucumbers to remove tough skin.

2) Keep 2 tablespoons of tomatoes aside to use in the dressing, but throw the rest of the tomatoes and all of the cucumbers in a large bowl. Sprinkle generously with salt and pepper; toss.

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Serves 4

## Nutrition per serving

Calories: 162

Fat: 7g

Protein: 4g

Carbohydrates: 20g

## Cost

Total Cost: \$5.20

Cost per serving: \$1.30



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- 3) Place a small saucepan on medium heat with a few drops of olive oil. Saute the jalapeno for about 1 minute then add the remaining tomato and 1 tablespoon of water. Throw it into a bowl with lime juice and olive oil.
- 4) Chop or tear the bread into bite sized pieces, then toss in a skillet over medium heat, tossing occasionally until the bread chunks are toasty on all sides.
- 5) Mix bread and vegetables with the dressing. Let sit for a few minutes, then serve!

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