

Panzanella of Plenty

This month's recipe comes from Dr. Terri Harvath, PhD, RN, FAAN, Executive Associate Dean & Clinical Professor and Director of the Family Caregiving Institute at the Betty Irene Moore School of Nursing. Dr. Harvath grew up in a large family (she has nine siblings) and meals were an important time to gather to discuss the events of the day and debate current political issues. For budgetary reasons, meals tended to be heavy on inexpensive carbs (e.g., potatoes and rice) and vegetables were often cooked to the wilting stage. Since moving to the Sacramento area, Dr. Harvath has enjoyed the easy access to fresh fruits and vegetables and has tried recipes that have a seasonal focus. This Panzanella salad is great to serve as a main entree or as an adjunct to fish or chicken. It is also amenable to infinite variation based on what is fresh at the farmers' market!

Panzanella of Plenty

by Tara Parker-Pope

Time: 45 minutes

Yield: Serves 8-10

<https://cooking.nytimes.com/recipes/1016975-panzanella-of-plenty>

Ingredients:

- 1 large loaf whole grain bakery bread, cubed into bite-sized pieces
- 1 cup extra virgin olive oil, divided in half
- 2 cups Brussels sprouts, stems removed and halved lengthwise
- 1 large butternut squash, peeled and cubed into bite-sized pieces
- 1 large red beet, peeled and cubed into bite-sized pieces
- 2-3 tablespoons fresh thyme, chopped
- 2/3 cup dried cranberries
- 20 roasted chestnuts, peeled and chopped
- 1 1/2 cups spinach or dino kale, julienned
- 1 1/2 teaspoon sea salt
- Black pepper to taste
- 3/4 cup extra virgin olive oil
- 1/3 cup balsamic vinegar
- 1/4 cup lemon juice
- 1/2 cup natural apple cider
- 1/3 cup honey (maple syrup for vegan)
- 3 cloves roasted garlic, minced
- 1 tablespoon sea salt, or to taste
- Crispy shallots (vegan)
- Creamy chèvre or ricotta salata, crumbled (vegetarian)
- Crispy pancetta or lardons (omnivorous)

