

Mid-Summer Italian Bread Salad

Everything in this salad is fresh, except the bread! Prepare this salad by using a loaf of artisan bread or rosemary bread that is a touch stale. If your bread is too fresh, toast it until it is about half as dried and crunchy as a crouton.

Recipe by [Albert Garrido](#) | Created on **Nov 7, 2021**

Ingredients

- 1 clove garlic
- 1 (1 pound) loaf Italian bread
- 1 cup chopped tomatoes
- 1 cup cucumber - peeled, seeded and chopped
- 1 cup chopped red onion
- 1 clove garlic, minced
- 2 cups chopped fresh basil
- ? cup chopped fresh thyme
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar

Directions

- Rub a peeled clove of garlic around a wooden salad bowl.
- Pull apart or chop the bread into bite-size pieces.
- In the prepared salad bowl, combine the bread, tomatoes, cucumbers, red onions, garlic, basil and thyme. Add enough olive oil and vinegar to lightly coat, toss and serve.

Nutrition Facts

Serving: **4 to 6 servings** | Calories: **468.2 kcal** | Carbohydrates: **65.6 g** | Protein: **11.9 g** | Saturated fat: **2.9 g** | Sodium: **670.7 mg** | Fiber: **5.1 g** | Sugar: **5 g**

Categories

Salad