



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

# ECO-JOURNAL

August 2024

## Recipe for the month of August

Try a simple panzanella salad, a classic summer dish that combines fresh flavors for a delightful meal.





## **Panzanella Salad**

Serving: 4

1 cup chickpeas, drained and rinsed  
1 cup cherry tomatoes chopped  
1 large cucumber, chopped  
6-inch ciabatta gluten-free baguette chopped  
1/2 red onion, thinly sliced  
1/2 cup chopped kalamata olives  
1/2 cup non-dairy feta  
2-3 tbs dill finely chopped  
Kosher salt  
Freshly ground black pepper

Dressing:

1/4 c. extra-virgin olive oil  
1-2 tbs balsamic vinegar  
1/2 tsp oregano  
1/2 tsp Italian seasoning  
Kosher salt  
Freshly ground black pepper

### **Preparation:**

1. Heat a pan over medium heat, add in ciabatta bread and drizzle with olive oil and  
1. season with salt and pepper. Cook until golden and then set aside.
2. Prepare vegetables and add to a large bowl.
3. In a separate small bowl whisk all the ingredients together for the dressing.
4. Add everything together and toss.