

 **Prep:** 15 minutes  
 **Cook:** 10 minutes  
 **Servings:** 4

# Roasted Fennel and Chickpea Panzanella

## INGREDIENTS

4 cups day-old bread,  
*cut into large chunks*

½ cup extra virgin olive oil, *divided*

1 teaspoon sea salt

fresh cracked pepper

1 clove garlic, *minced*

1 fennel bulb, *sliced*

1 tablespoon balsamic vinegar

½ lemon, *juiced*

1 teaspoon paprika

½ can (15-16 oz.) of low-sodium  
chickpeas, *drained*

2 Roma tomatoes, *diced*

½ English cucumber, *diced*

¼ red onion, *diced*

¼ cup pine nuts, *toasted*

½ bunch cilantro, *gently chopped*

## DIRECTIONS

1. Preheat oven to 375°F convection. Toss diced bread in 2 tablespoons olive oil, garlic, 1 teaspoon salt and ½ teaspoon fresh cracked pepper. Bake for 10 minutes until golden brown.
2. On another sheet pan, toss the fennel with 2 tablespoons of olive oil and 1 teaspoon salt and roast for 10 minutes.
3. Whisk together remaining ¼ cup olive oil, balsamic vinegar, lemon juice, paprika, and 1 teaspoon salt. Cool bread and fennel and toss with tomatoes, cucumbers, red onion, pine nuts and cilantro. Toss with dressing and serve.

Recipe courtesy of Chef Casey Bowthorpe, Harmons Grocery, Salt Lake City, UT