

SUMMER SENSATIONS

There are many sensational summer foods and what better way is there to celebrate the season than to cook with them? Join me in enjoying the tastes of summer by assembling this “kicked-up” traditional Italian bread salad with protein-rich grilled salmon. The low-calorie tomato (try an heirloom sometime) is rich in vitamins A, B and C, potassium, iron and phosphorus, and has as much fiber as a slice of whole-wheat bread. The cucumbers are also refreshing and low in calories, and the red onion provides additional vitamin C.

When choosing your tomatoes for this salad, make sure they are firm, well-shaped, fragrant and richly colored for their variety. Avoid tomatoes that are blemished, heavy for their size or give slightly when pressed lightly with your palm. Never refrigerate your tomatoes – they’ll get pulpy and lose their flavor.

Salmon and Tuscan Tomato Grilled Bread Salad

(Serves 4)



- ½ lb. or 2 thick slices day-old whole-grain bread
- ¼ cup plus 2 TBS. olive oil
- 3 large beefsteak tomatoes cut into ½ inch pieces
- 1 medium cucumber, peeled, seeded and cut into 1 inch pieces
- ¼ cup thinly sliced red onion
- ¼ cup thinly sliced fresh basil (or torn into bite-size pieces)
- 1 lb. center-cut salmon, skinned and cut into 4 portions
- 1½ Tbs. red-wine vinegar
- 8 Kalamata olives, pitted, chopped
- 1 Tbs. capers, rinsed, chopped
- ½ tsp. kosher salt (more to taste)
- ¼ tsp. freshly ground pepper (more to taste)

- Preheat grill or grill pan to medium.
- Brush bread on both sides with 2 Tbs. olive oil (or less). Grill until lightly charred on both sides – 3 to 4 minutes. The bread could also be toasted.
- Let bread cool slightly, cut into 1 inch cubes.
- Whisk olives, vinegar, capers and 1/8 tsp. pepper in a large bowl.
- Slowly whisk in oil till combined.
- Add bread, tomatoes, cucumber, onion and basil. Toss to combine.
- Season both sides of salmon with salt and pepper.
- Either spray the salmon lightly with oil or oil the grill rack.
- Grill salmon till cooked through – 4 to 5 minutes per side, depending on thickness.
- Divide salad among 4 plates and top each with a piece of salmon.
- Serve immediately.