Salt and Serenity

Grilled Pumpernickel Bread Salad

Serves 4

1/2 purple onion, peeled and diced small

½ cup extra-virgin olive oil

1/4 cup red wine vinegar

1 teaspoon minced garlic

1/4 cup roughly chopped fresh oregano or basil

Kosher salt and freshly cracked black pepper, to taste

6 slices of pumpernickel bread, sliced 1 inch thick

2 pints of little red tomatoes, cut in half, or a combo of red and yellow, or at the height of tomato season, use several ripe beefsteak tomatoes, diced

4 Lebanese or Israeli cucumbers, cut in half lengthwise and seeded, then diced into ½ inch cubes

½ cup pitted green olives, sliced in half

8 ounces feta cheese, diced into 1/2 inch cubes

- 1. Place diced onions in a bowl of cold water and set aside to soak while preparing the rest of the salad. This tames their strength.
- 2. In a small bowl, whisk together the oil, vinegar, garlic, oregano or basil, and salt and pepper. Set aside.
- 3. Grill bread slices over a medium-low flame until browned and crisp, about 5-6 minutes per side. Cut bread into large cubes and set aside.
- 4. Drain the onions and add to a large serving bowl, along with the tomatoes, cucumbers, olives. Pour on about half of the dressing to just coat the ingredients. Toss. Mix in bread. Gently toss in the feta, then taste and adjust salt and pepper, if needed. Add more dressing if you like, but I find I don't need the whole amount. You can prepare all the ingredients ahead of time but do not combine until just before serving.