Chopped Gazpacho Salad with Parmesan Cheese Crisps in a new light

Makes: 4 servings
Prep Time: 15 minutes
Cook Time: 10 minutes
Difficulty: Easy

Ingredients:
- 8 tablespoons Parmesan cheese, grated
- 2 tablespoons sherry vinegar
- 1 shallot, minced
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, minced
- 1/4 teaspoon hot sauce
- 2 cups cherry or grape tomatoes, halved
- 1 yellow bell pepper, diced
- 1/2 large seedless cucumber, cut into 1/2-inch pieces
- 1 cup fresh cilantro, chopped
- 3 scallions, thinly sliced

Directions:
To make the cheese crisps, heat a small dry nonstick skillet over medium-low heat. Spread 2 tablespoons cheese into a thin layer in the skillet; let melt and brown on the bottom, 1–2 minutes. With a small spatula, gently lift the edges of the cheese, then flip over. Cook until lightly browned, about 1 minute longer. Transfer to a paper towel-lined plate. Repeat with the remaining cheese, working with 2 tablespoons at a time. Let cheese crisps cool 5 minutes, then break into shards.

Whisk together vinegar, shallot, oil, garlic, and hot sauce in a large bowl until blended. Add tomatoes, bell pepper, cucumber, cilantro, and scallions to the dressing; toss until well combined. Serve topped with the cheese crisps.

Nutritional Information: Per serving (1 1/4 cups salad with 2 tablespoons cheese crisps): 120 calories, 7 g fat (2.5 saturated, 0 g trans), 10 mg cholesterol, 170 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g protein.