

Fattoush Salad

(Lebanese Mixed Salad)

2 ea... Pita bread
1 ea... Cucumber
2 ea... Tomato
1 ea... Small red onion
1 ea... Romaine lettuce head
1 c..... Fresh parsley
½ c.... Fresh mint
¼ c.... Fresh lemon juice
¼ c.... Olive oil
3 ea... Crushed garlic cloves
½ tsp. Kosher salt

1. Toast pita bread in oven at 400°F until golden and crisp.
2. Chop lettuce into small bite size pieces and place in a bowl.
3. Dice cucumber, tomato, and red onion and add to lettuce.
4. Finely chop parsley and mint and add to lettuce.
5. Make the dressing by adding the lemon juice, olive oil, garlic and salt.
6. When ready to serve break the toasted pita and toss with the dressing and lettuce mixture.

This is one of my favorite salads to eat in the summer because it is light and fresh tasting. I would often go to a Lebanese restaurant in Denver and just order this and some hummus, sit out on their patio and be very happy.

This salad is often eaten without the lettuce in Lebanon because it is very expensive. Also in Lebanon sumac is often used but is hard to find here. If you find sumac you can add ½ tsp to the dressing. The sumac will add more of an acidic flavor.

If you want to make this more of a meal add chopped grilled chicken or fish.

Be creative, have fun and enjoy!!!