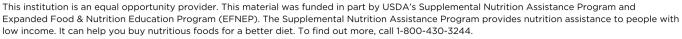# Middle Eastern Salad (Fattoush)
8 servings

- 1 large thin pita bread or 2 whole wheat tortillas
- 1 head romaine lettuce, gently rubbed under cold running water, chopped
- 1 large tomato, gently rubbed under cold running water, chopped
- 1 cucumber, scrubbed with clean vegetable brush under running water, chopped
- ½ green bell pepper, scrubbed with clean vegetable brush under running water, chopped
- 3 radishes, scrubbed with clean vegetable brush under running water, chopped
- 2 green onions, gently rubbed under cold running water, sliced
- ½ cup fresh parsley, gently rubbed under cold running water, chopped
- ¼ cup lemon juice
- 2 Tablespoons olive oil
- ½ teaspoon dried mint
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon sumac (optional)
- 1 Tablespoon pomegranate molasses (optional)

1. Wash hands with soap and water.
2. Set your oven to broil. Spray a large baking sheet with non-stick cooking spray.
3. Cut pita or tortillas into ½-inch squares and place them on a baking sheet.
4. Broil for 2-3 minutes, or until pieces are golden brown. Keep watching as they can burn quickly. Remove from oven and set aside.
5. In a large bowl, combine lettuce, tomatoes, cucumber, green pepper, radishes, green onion, and parsley.
6. In a small bowl, combine lemon juice, oil, dried mint, salt and pepper. Add sumac and pomegranate molasses, if using.
7. Pour vinegar mixture over vegetables. Mix well.
8. Serve topped with toasted pita or tortilla pieces.
9. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/8 of recipe): *Calories 220, Total Fat 8g, Saturated Fat 2.5g, Cholesterol 45mg, Sodium 490mg, Total Carbohydrates 21g, Fiber 4g, Total Sugars 2g, includes 1g Added Sugars, Protein 16g, Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 8%.*

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