



### **Fattoush Salad**

Christianna Gozzi MA, MS, RD, Euresst at UHG onsite dining

*Fattoush is a Lebanese salad made with mixed greens, flavorful dressing and grilled pita bread.*

Serves 8

#### **Ingredients:**

4 ounces whole wheat pita bread  
¼ teaspoon each salt and freshly cracked black pepper  
2 cups cherry tomatoes, cut in half  
2 quarts mixed salad greens of your choice (recommend chopped romaine and arugula)  
¾ cup scallions, thinly sliced  
1 large cucumber, cut in half, seeds removed and sliced  
¼ cup freshly squeezed lemon juice  
3 tablespoons olive oil  
1/3 cup mint, torn

#### **Instructions:**

1. While your grill is on, toss the pita grill on the grill. Let it get toasty with some grill marks and remove. Cut into bite sized pieces.
2. Toss cherry tomatoes, greens, scallions, cucumbers, mint, and pita in a bowl. Toss with lemon juice and olive oil. Place in a salad bowl and serve.

Amp up the nutrition with protein: Grilled chicken, shrimp or chickpeas are a great idea!

#### **Nutrition:**

Cal: 210  
Sugar 6g  
Sodium 140mg  
Total fat: 11  
Sat/trans fat: 2g  
Carbs: 26g  
Fiber: 7g  
Protein: 6g  
Cholesterol: 0mg