

Fattoush Salad

This refreshing Mediterranean salad is made with homemade pita chips. The combination of the salad, pita chips, and dressing creates a crisp tasty salad that will satisfy your healthy craving! Use any extra pita chips for dipping. They are delicious with hummus, baba ghanoush or lebane.

Ingredients

1 head romaine lettuce, chopped
1 head red leaf lettuce, chopped
3 cups baby spinach leaves
2 cups red cabbage, thinly sliced
1/3 cup red onion, thinly sliced (about 1/4 onion)
1 cup red bell pepper (about 1 red bell pepper) seeded, halved then sliced into long thin strips
1 1/2 cups persian cucumbers, thinly sliced (about 3-4 cucumbers)
1 cup firm roma tomatoes, halved lengthwise then thinly sliced (about 2 tomatoes)
1/2 cup curly parsley, finely chopped (about 1/2 bunch)

Homemade Pita Chips

6 pita bread rounds, about 16 ounces cut into small squares
1 tablespoon sumac
1 tablespoon zaatar
1/2 teaspoon cayenne pepper
1/2 cup extra virgin olive oil

Fattoush Dressing

1 tablespoon sumac
1 tablespoon dried crushed mint
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup red wine vinegar
1/3 cup fresh lemon juice (about 2 lemons)
1 cup extra virgin olive oil

Preparation

Preheat oven to 400 degrees with rack in the center. Spread pita bread squares in a large non-stick oven proof baking pan. Sprinkle sumac, zaatar and cayenne pepper on pita bread. Add olive oil and toss until evenly coated. Bake until golden and crispy, about 20-25 minutes shaking the pan as needed to be sure pita chips toast evenly. Remove from oven and set aside.

Toss lettuce, spinach, cabbage and red onions in a large bowl or serving platter. Lay bell peppers, cucumbers, and tomatoes on top of salad mixture as desired. Sprinkle with chopped parsley. Set aside. Mix all ingredients for the fattoush dressing in a medium mixing bowl. Spread desired amount of pita chips on top of salad. Add dressing and toss. Serve immediately.

Serves 6-8

*Pita chips are best served as close to serving time as possible.