

FATTOUSH SALAD

YIELD: 100 1 cup servings

Chef Vanessa LaBranche

Fattoush Salad is a common Middle Eastern salad using basic ingredients like tomatoes, Romaine lettuce and cucumbers along with other flavorful additions that make up this salad. Instead of croutons, pita bread is used which is toasted prior to tossing with the rest of the ingredients. Sumac finishes this salad which is another popular spice that has the flavor profile of lemon with a tart taste. This can be optional, but really adds a special touch of flavor giving homage to the traditional version. You can find this spice at a local Mediterranean market.

INGREDIENTS

- 100 small whole wheat pita bread, torn into pieces
- 15# romaine lettuce, chopped
- 3# grape tomatoes, sliced in half
- 3# cucumbers, chopped
- 3 large red onions, chopped
- 3 cups of fresh parsley, chopped
- 2 cups of feta cheese
- ¼ cup of sumac (optional)

FOR THE SALAD DRESSING

- ¼ cup of fresh garlic, minced
- 1 ½ cups of olive oil
- 1 ½ cups of fresh lemon juice
- ½ teaspoon of kosher salt
- ¼ teaspoon of black pepper
- 1 TBSP North African Spice Rub (optional)

DIRECTIONS

1. In a large bowl, make the salad dressing by whisking together garlic, olive oil, lemon juice, kosher salt, black pepper and North African Spice Rub. This can also be done in a food processor fitted with the blade attachment. Set aside.
2. Preheat oven to 350F. Prepare a sheet pan with parchment paper, or spray lightly with cooking spray.
3. Place the torn pita slices onto the sheet pan and spread evenly. Spray with cooking spray and place the pan into the oven to cook for 10 minutes or until the pita pieces are lightly browned. Set aside to cool when done.
4. While the bread is in the oven, place the rest of the salad ingredients together, except the sumac, into a large bowl.
5. Place the cooled baked pita bread pieces with the salad. Pour the prepared dressing over the salad and toss to coat. Sprinkle with sumac to finish if using. Serve.

RECIPE NOTES - FATTOUSH SALAD

Recipe credits as ½ cup dark green vegetable

Nutritional information per serving*: 129 calories; 0.95 g sat. fat; 180 mg sodium; 19.7 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*