

## Fattoush Salad (Lebanese Flatbread, Cucumber, Tomato Salad) FIT

Serving size: ½ cup

Makes 12 servings

- 5 oz Whole Wheat Pita
- 1 TBSP Olive Oil
- ¾ cup Grape Tomatoes, halved
- 1 ½ cups English Cucumbers, diced
- ¼ cup Red Onions, finely chopped
- 2 TBSP Parsley, chopped
- 2 TBSP Mint, chopped
- ½ cup Olive Oil
- 1 ½ TBSP Lemon Juice
- ¾ tsp Sumac, ground
- ¾ tsp Garlic Cloves, minced
- ¼ cup Feta, crumbled
- ½ tsp Salt
- ¼ tsp Black Pepper

### Preparation:

1. Cut pita into 1-inch-wide wedges. Toss pita with oil. Bake on a sheet tray lined with parchment paper in a 350°F oven until golden brown and crispy, about 8 minutes. Allow pita to cool and break pieces up a bit with your hands. Set aside.
2. In a bowl, toss together pita chips, tomatoes, cucumber, onion, parsley, mint, olive oil, lemon juice, sumac, garlic, feta, salt, and pepper.



### NUTRITION FACTS PER SERVING

calories	80
total fat (g)	4
saturated fat (g)	1
sodium (mg)	150
total carbohydrate (g)	9
dietary fiber (g)	1
added sugar (g)	0
protein (g)	3



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