



Recipe from Marshall Mcpeek of NBC4

FATTOUSH

Fattoush is a Lebanese salad with toasted pita bread. It's different from a "normal" salad because it doesn't include lettuce. Go easy on the olive oil (use more vinegar instead) and it's a lower-fat alternative.

If you have a Mediterranean grocery or market nearby, pick up some sumac to sprinkle into the mixture. It adds a bit of a sour or bitter taste... which really doesn't sound all that good... but it's really delicious.

Yield: 4-6 servings

2 teaspoons minced garlic
1 teaspoon salt
1 teaspoon pepper
1/2 cup chopped mint
1/2 cup lemon juice
3/4 cup olive oil (use a little less to cut back on the fat)
1 package of pita bread
1 diced cucumber
2 diced tomatoes
1/2 cup sliced green onions
1 sliced white or red onion
1/2 cup diced green bell pepper

Dressing: In a small bowl, combine the garlic, salt, pepper, mint, lemon juice, and olive oil. Let stand for 1/2 hour.

Toasted Pita: Toast the bread in a 350 oven for 5 minutes, or until it is golden brown and crispy. Break the toasted bread into 1 inch pieces.

Salad: In a large bowl, combine the cucumber, tomatoes, green onions and bell pepper. Drizzle the dressing mixture over the salad, toss it together. Add the toasted pita chips and serve at once (so the pita doesn't have a chance to get soggy).

