

Toasted Pita and Herb Salad

Yield: 8 servings

Ingredients

2 6-inch whole wheat pita
 ¼ cup lemon juice
 1 teaspoon lemon zest
 ⅜ teaspoon kosher salt
 ⅙ teaspoon black pepper;
 ground
 ¼ cup olive oil
 10 cups romaine lettuce
 2 each scallions; white and
 green parts, thin slices
 1 cup fresh parsley; chopped
 ½ cup mint; fresh, chopped
 1 each English cucumber;
 seeded, thinly sliced into half-
 moon shapes
 1 pint grape tomatoes; cut in half

Instructions

1. Preheat oven to 375 degrees and gather all ingredients and equipment needed.
2. Split the pita into 2 rounds and toast on a baking sheet on the middle rack of the oven until golden brown, about 10 minutes.
3. Allow the pita to cool and break into bite-sized pieces. Set aside.
4. In a small bowl, whisk together the lemon juice, lemon zest, salt, and pepper. Add the oil and whisk to incorporate.
5. Toss the lettuce, parsley, scallion, mint, cucumber, and tomatoes together in a large serving bowl.
6. Right before serving, add the pita and dressing to the salad. Toss well to coat and serve.

Nutrition Information

Serving Size: 1 cup

Calories: 99
 Total Fat: 2.2 g
 Saturated Fat: 0.3 g
 Monounsaturated Fat: 0.1 g
 Sodium: 75.3 g
 Total Carbohydrate: 16.4 g
 Dietary Fiber: 4.5 g
 Sugars: 11.9 g
 Protein: 3.5 g

Source: Krieger, E. (2008). *The food you crave: Luscious recipes for a healthy life*. Newtown, CT: Taunton Press.

Presented by
Culinary Medicine

