FATTOUSH SALAD

INGREDIENTS:

- 1 lettuce head, cut into thin strips (green leaf, red leaf, or romaine)
- 1 cucumber, thinly sliced
- 1/2 red onion, thinly sliced
- 1 cup cherry or grape tomatoes, diced or halved
- 4 – 5 small radishes, thinly sliced
- 1/2 cup fresh mint leaves, coarsely chopped
- 1/2 cup fresh parsley, coarsely chopped
- Ground sumac (optional topping)
- Black pepper, freshly ground (optional topping)

Lemon Dressing

- 1/3 cup olive oil
- 3 tablespoons freshly squeezed lemon juice, or more to taste
- 1 garlic, peeled and minced
- 1/2 teaspoon salt
- 1 teaspoon ground sumac
- 2 tablespoons honey (optional)

DIRECTIONS

1. *Lemon Dressing:* In a small bowl, whisk together olive oil, lemon juice, garlic, salt, sumac, and honey if desired. Set aside.
2. *Salad:* Add lettuce, cucumber, onion, tomatoes, radishes, mint, and parsley together in a large bowl. Pour dressing over salad and toss.
3. Serve immediately; garnish with an extra sprinkle of ground sumac and freshly ground black pepper, if desired.

Nutrition Facts

Serving Size (255g)
Servings Per Container 5

Amount Per Serving

Calories 170	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 3g	

Vitamin A 240% • Vitamin C 40%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: *layersofhappiness.com*