

Fattoush Salad



Fattoush salad is a summer staple in my kitchen. I love its refreshing flavours, crunchy textures, and especially the tangy sumac that reminds me of Lebanese cuisine. It's a dish I often prepare when I'm craving something simple, nourishing, and colourful to serve alongside [grilled protein](#) for a complete meal, aligned with our dietitians' recommendations. I never tire of the vibrant mix of fresh herbs that makes all the difference.

Preparation 15 min

Cooking 8 min

Servings 4

Nutrition Facts (per serving)

Calories 180

Fat 6

Carbohydrates 27

Fibre 5

Protein 5

Sodium 180

Ingredients

- 2 whole wheat pitas, cut into wedges
- 1 L (4 cups) romaine lettuce, coarsely chopped (or spring mix)
- 250 ml (1 cup) cherry tomatoes, halved
- 1 cucumber, sliced into rounds

- 4 radishes, thinly sliced
- 1 coloured bell pepper, diced
- ½ red onion, thinly sliced (or 2 to 3 green onions)
- 45 ml (3 tbsp) fresh herbs (parsley, mint)
- 15 ml (1 tbsp) sumac

Dressing

- 30 ml (2 tbsp) lemon juice
- 20 ml (4 tsp) olive oil
- 5 ml (1 tsp) honey
- 1 garlic clove, finely chopped
- Pepper and salt, to taste

Preparation

1. In a large non-stick skillet, toast the pita wedges over medium heat for 2 to 3 minutes, turning halfway through, until golden and crispy. Let cool slightly.
2. In a large salad bowl, place the romaine lettuce, cherry tomatoes, cucumbers, radishes, bell pepper, red onion, the fresh herbs and sumac. Toss gently.
3. In a small bowl, whisk together the lemon juice, olive oil, honey, garlic, pepper and salt.
4. Pour the dressing over the salad just before serving and toss well.
5. Add the toasted pita wedges just before serving to maintain their crunch.

Notes

Keeps for 3 days in an airtight container in the refrigerator (without the pita wedges and dressing).



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