



LEBANON

APPETIZER

[PRINTABLE RECIPE PDF](#)

Lebanese Fattoush

Fattoush is a traditional Lebanese salad known for its vibrant flavors and use of fresh herbs and vegetables. It utilizes leftover bread, reflecting the

PREP

15 min

COOK

5 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **2 pieces** pita bread - cut into triangles and toasted
- **1 cup** romaine lettuce - chopped
- **1 medium** tomato - diced
- **1 medium** cucumber - diced
- **1/2 cup** radishes - sliced
- **1/2 cup** green onions - chopped
- **1/4 cup** parsley - finely chopped
- **1/4 cup** mint leaves - finely chopped
- **3 tablespoons** extra virgin olive oil - for dressing
- **2 tablespoons** pomegranate molasses - adds a tangy flavor
- **1 lemon** juice - freshly squeezed
- **to taste pinch** salt - for seasoning
- **to taste pinch** black pepper - for seasoning

WHY THIS WORKS

About this recipe

A printable Lebanese Fattoush recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Fattoush is a traditional Lebanese salad known for its vibrant flavors and use of fresh herbs and vegetables. It utilizes leftover bread, reflecting the resourcefulness of Levantine cuisine, and is often enjoyed as a refreshing

ORIGIN & TRADITION

Mediterranean context

Fattoush is a traditional Lebanese salad known for its vibrant flavors and use of fresh herbs and vegetables. It utilizes leftover bread, reflecting the resourcefulness of Levantine cuisine, and is often enjoyed as a refreshing side dish during hot weather.

METHOD

Step-by-step instructions

1

In a large bowl, combine the chopped romaine lettuce, diced tomato, diced cucumber, sliced radishes, chopped green onions, parsley, and mint leaves.

2

In a small bowl, whisk together the olive oil, pomegranate molasses, lemon juice, salt, and black pepper until well blended.

3

Pour the dressing over the salad mixture and toss gently to combine. Adjust seasoning to taste.

4

In a skillet over medium heat, toast the pita bread triangles until golden brown and crispy, about 2-3 minutes. Remove from heat.

5

Just before serving, add the toasted pita bread to the salad and toss gently.

CHEF'S TIP

To maximize freshness, prepare the salad just before serving and add the pita bread immediately to ensure it remains crunchy.

NUTRITION PER SERVING (EST.)

Calories	220 kcal	Fat	10 g
Protein	4 g	Fiber	5 g
Carbohydrates	30 g	Sodium	300 mg

SERVING SUGGESTION

Serve on a large platter garnished with extra mint leaves and accompanied by grilled meats or served alongside other mezze dishes.

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