









---

# Lebanese Fattoush Salad



5 from 625 votes

This authentic Lebanese Fattoush Salad is made with well-seasoned fried pita bread, seasonal vegetables and tossed in a zesty sumac Mediterranean dressing

 <b>Course</b>	Salad
 <b>Cuisine</b>	Mediterranean
 <b>Diet</b>	Vegan, Vegetarian
 <b>Prep Time</b>	15 minutes
 <b>Total Time</b>	15 minutes
 <b>Servings</b>	4 servings
 <b>Calories</b>	264kcal
 <b>Author</b>	<a href="#">Yumna Jawad</a>

## Equipment

- [Mixing Bowl Set](#)
- [Knife Block Set](#)
- [Anodized Nonstick Cookware](#)

## Ingredients

### Salad

- 1 large head romaine lettuce chopped
- 1 large vine-ripe tomato diced
- 2-3 Persian cucumbers quartered
- ½ large green pepper chopped
- 5 radishes diced
- 2 green onions chopped
- ¼ cup fresh chopped parsley

### Dressing

- 3 tablespoon [olive oil](#)
- 2 tablespoon lemon juice
- 2 garlic cloves pressed or grated
- 1 teaspoon [sumac](#)
- 1 teaspoon [pomegranate molasses](#)
- ½ teaspoon dried mint
- ½ teaspoon Kosher salt
- Fresh cracked black pepper to taste

### Fried Pita Bread

- 1 large double ply pita bread cut into triangles
- 3 tablespoons [olive oil](#)
- Kosher salt to taste
- Freshly cracked pepper to taste

## Instructions

1. **Make the Dressing:** Whisk together the lemon juice, garlic, sumac, pomegranate molasses, dried mint, salt and pepper. Slowly stream in olive oil, whisking continuously until emulsified. Season to taste with salt and pepper. Set aside.
2. **Fry the Pita Bread:** In a large skillet, heat olive oil on medium heat. Add the pita bread and season with kosher salt and freshly cracked peppers. Cook stirring frequently until the pieces are crispy and golden in color, about 5-7 minutes. Set aside.
3. Place the lettuce, tomatoes, cucumbers, green peppers, radishes, green onions and parsley in a large serving bowl. Pour the dressing on top and toss to combine.
4. Add the fried pita bread to the salad immediately before serving and gently toss again.

## Notes

**Storage:** If the salad has not been tossed, you can store it in an airtight container for up to 4 days. If it has been tossed, it's best to enjoy within 24 hours since it will be soggy after that.

The dressing will keep well for up to 1 month in the fridge.

**Sourcing and Substitutes:** You can find the bulgur at Middle Eastern markets, natural-foods stores or even in large supermarkets, often located with other Middle Eastern ingredients.

- **Sumac** can be found at specialty retailers in the spice section or on [Amazon](#). If you can't find it, substitute lemon zest for the closest taste.
- **Pomegranate molasses** can be tricky to find, but you'll have the best luck at Middle Eastern Grocery stores or on [Amazon](#). You can also make your own by reducing down pomegranate juice (with or without sugar). You can leave it out of the recipe or substitute balsamic glaze.

## Nutrition

Calories: 264kcal | Carbohydrates: 16g | Protein: 3g | Fat: 22g | Saturated Fat: 3g | Sodium: 378mg | Potassium: 402mg | Fiber: 3g | Sugar: 4g | Vitamin A: 1412IU | Vitamin C: 31mg | Calcium: 55mg | Iron: 1mg