

Fattoush

From your box: pepper, scallions, lettuce mix, cucumber, tomato, garlic

For the dressing

- 1/4 cup fresh lemon juice
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground sumac (optional)
- 1/2 teaspoon salt
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon freshly ground black pepper
- 7 tablespoons extra-virgin olive oil

- 2 whole-wheat (whole-meal) pita breads, 6 inches in diameter, torn into 1/2-inch pieces
- 4 cups lettuce
- 2 tomatoes, seeded and diced
- 1 cucumbers, peeled, seeded and diced
- 1 bell pepper (capsicum) seeded and diced
- 3 scallions including tender green tops, minced
- 1 tablespoon chopped fresh mint
- 1/4 cup chopped fresh flat-leaf (Italian) parsley

To make the dressing, combine the lemon juice, garlic, cumin, sumac (if using), salt, red pepper flakes and black pepper in a blender or a food processor. Process until smooth. With the motor running, slowly add the olive oil in a thin stream until emulsified. Set the dressing aside.

Preheat the oven to 400 F. Spread the pita bread pieces in a single layer on a baking sheet and bake until crisp and lightly golden, about 8 minutes. Set aside to cool. In a large bowl, combine the lettuce, tomatoes, cucumbers, bell pepper, scallions, mint and parsley and toss. Add the dressing and toss lightly to coat evenly. Divide the salad among individual plates. Top with the pita croutons. Serve immediately.

Adapted from The New Mayo Clinic Cookbook