

Fattoush Salad

Source of vitamin C, acide folique, fibres



Ingredients

4 cups	Lettuce, coarsely chopped	1 L
1	Tomato, diced	1
½ cup	Fresh parsley, chopped	125 ml
¼ cup	Fresh mint, chopped	60 ml
1 cup	English cucumber, sliced (about ¼ cucumber)	250 ml
1	Onion, sliced	1
1	Pepper, diced	1
1	Garlic clove, minced	1
1 tsp	Salt	5 ml
1 tsp	Sumac (optional)	5 ml
1	Pita bread, large	1
2 tbsp	Olive oil	30 ml
1 tbsp	Wine vinegar	15 ml



Preparation

1. Preheat the oven to 350°F (175°C). Toast the bread for about 5-10 minutes, until golden brown. Monitor carefully the bread. Cut into pieces of about 2 cm. Set aside.
2. In a large bowl, put all the other ingredients and mix well.
3. Add the pieces of toasted bread and mix again.
4. Serve immediately.



Tips

1. Use the type of oil you have on hand: olive, canola, vegetable, etc.
2. Use the type of vinegar you have on hand: white, balsamic, wine, etc.

BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.)
- Grain products and starches (rice, pasta, bread, etc.)
- Meat, milk and their alternatives (fish, legumes, cheese, etc.)

