RECIPE

# Whole-wheat pita fattoush with chickpeas

A summer lunch salad of romaine, cucumber, tomato, radish and herbs with toasted whole-wheat pita and a few chickpeas in a lemon and olive oil dressing, with lemon zest where sumac usually goes.

MAKES

4 servings US Metric

TOTAL

35 min

## Ingredients

- [ ] 2 whole-wheat pitas (6½ inches), torn in bite-size pieces
- [ ] ½ cup no-salt-added chickpeas, drained and rinsed
- [ ] juice of 2 lemons (about 6 tbsp)
- [ ] 2 tsp grated lemon zest
- [ ] 3 tbsp olive oil
- [ ] 1 tsp garlic powder
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 4 cups shredded romaine (1 small head)
- [ ] 1 cucumber (8¼ inches), with the peel, halved lengthwise and sliced
- [ ] 2 medium tomatoes, chopped
- [ ] 1 cup thinly sliced radishes

## Method

1. Heat the oven to 400 °F. Spread the torn pita on a baking sheet with no oil. Bake 8 to 10 minutes, stirring once, until the pieces are dry, crisp and deep gold. Cool them on the pan; they crisp more as they cool.
2. In a big bowl, whisk the lemon juice, zest, olive oil, garlic powder, salt and pepper.
3. Add the radishes, scallions, parsley and mint to the bowl and stir; the radishes pink up a little in the lemon.
4. Add the romaine, cucumber, tomatoes and chickpeas and fold until everything shines.

- [ ] 3 medium scallions, thinly sliced
- [ ] 1 cup chopped flat-leaf parsley
- [ ] ¼ cup chopped fresh mint

5. Add the cooled pita last and toss once or twice. Serve right away, while the pita still crunches, in four bowls (about 3½ cups each).

6. To pack for lunch, carry the pita in its own bag and stir it in at the table. Eat within 2 hours at room temperature, or within 1 hour above 90 °F; otherwise keep it cold. The dressed salad without pita keeps in the fridge (our kitchen practice; we hold no published source for it yet) and the pita goes in fresh.