

Syrian Pita Salad

Source: From Joann H. from my working days at Ad Masters

Carolyn T's
Cookbook

Servings: 6



Notes: To toast the pita, separate into pieces and spray with olive oil spray, then bake at 400 for 4-6 minutes until golden brown. Allow to cool before proceeding.

1. In a blender container combine garlic clove and salt. Blend and allow to sit while you gather other ingredients.
2. Add allspice and zahtar, then oil and lemon juice to bowl and blend until thoroughly combined. Pour into a container. You may not use all the dressing in the salad.
3. In a large salad bowl combine all the remaining ingredients. Pour dressing over the salad and taste. May need additional salt. I also add pepper, although it's not in the original recipe.

- 1 large pita bread round, separated, chopped, toasted**
- 1 small clove garlic**
- 1 teaspoon salt**
- 1/2 cup olive oil**
- 1/4 cup lemon juice, or more if preferred**
- 1/2 teaspoon ground allspice**
- 1 tablespoon zahtar**
- 1 head Romaine lettuce**
- 1 cup cucumber, diced**
- 2 whole scallions, minced**
- 1 cup Italian parsley, chopped**
- 1/2 cup fresh mint, chopped**
- 4 medium tomatoes, chunks**

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 237 Calories; 19g Fat (67.6% calories from fat); 5g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 436mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 0 Fruit; 3 1/2 Fat.