

## SALAD

½ RED ONION  
ENDS OF TWO ROMAINE BUNCHES  
2 DICED CELERY STALKS  
3 DICED COOKED CHICKEN BREASTS  
1/3 CUP WALNUTS CHOPPED, TOASTED  
1/3 CUP PEPITAS, TOASTED

## DRESSING

1/3 CUP MAYO  
1/3 CUP YOGURT  
JUICE OF 1 LIME  
2 SCALLIONS  
1 CUP PARSLEY  
1 CUP CILANTRO  
SALT/PEPPER

## INSTRUCTIONS

PREHEAT OVEN TO 350 DEGREES FOR 20 MINUTES AND BAKE CHICKEN BREASTS FOR 20 MINUTES OR UNTIL DONE. CHOP ½ RED ONION INTO SMALL, DICED PIECES. I USED THE ENDS OF TWO BUNCHES OF ROMAINE FOR ADDED CRUNCH, BUT YOU CAN OMIT IT. SMALL DICE 2 CELERY STALKS 3 IF NOT USING THE ROMAINE. TOAST TOGETHER 1/3 CUP WALNUTS AND 1/3 CUP PEPITAS. ADD ALL OF THOSE INGREDIENTS TO A BOWL. TO MAKE THE DRESSING, ADD 1/3 CUP MAYO (NOT MIRACLE WHIP), 1/3 CUP YOGURT, JUICE OF ONE LIME, 2 SCALLIONS, 1 CUP PARSLEY, 1 CUP CILANTRO, SALT/PEPPER.



GREEN  
*Godness*

CHICKEN  
*Salad*





# SALAD

1 LARGE HEAD OF ROMAINE LETTUCE

1 LARGE VINE-RIPE TOMATO

2-3 PERSIAN CUCUMBERS

½ LARGE GREEN PEPPER

5 RADISHES

2 GREEN ONIONS

¼ CUP FRESH CHOPPED PARSLEY

# DRESSING

3 TABLESPOON OLIVE OIL

2 TABLESPOON LEMON JUICE

2 GARLIC CLOVES

1 TEASPOON SUMAC

1 TEASPOON POMEGRANATE MOLASSES

½ TEASPOON DRIED MINT

½ TEASPOON SALT

FRESHLY CRACKED BLACK PEPPER

# INSTRUCTIONS

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. SET ASIDE.

MAKE THE SALAD: 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.

# FATTOUSH *Salad*



WITH  
*Pita*

