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Lebanese Fattoush Salad With Grilled Chicken

Prep Time: 10 mins

Cook Time: 23 mins

Rest Time: 15 mins

Total Time: 48 mins

Ingredients

- 2 small pita, whole-wheat, 6-inch, split
- 3 tablespoon oil, olive, extra virgin, divided
- 1 1/4 teaspoon sumac, ground, divided
- 1/4 cup(s) lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper, black ground
- 1 head(s) lettuce, romaine, coarsely chopped
- 2 large tomato(es), diced
- 2 small cucumber(s), (or 1 large), seeded and diced, peeled if desired
- 1/2 cup(s) onion(s), red, thinly sliced
- 1/3 cup(s) mint, fresh, thinly sliced
- 1 1/2 pounds chicken, breast, boneless, skinless, trimmed
- 1 1/2 teaspoon oil, olive, extra virgin
- 1/4 teaspoon salt
- 1/8 teaspoon pepper, black ground



Preparation

To prepare salad:

1. Preheat oven to 350°F. Place pita halves rough-side up on a large baking sheet. Brush with 1 tablespoon oil and sprinkle with 1 teaspoon sumac. Bake until golden and crisp, about 15 minutes. When cool, break into bite-size pieces.
2. Whisk lemon juice, salt, pepper and the remaining 2 tablespoons oil and 1/4 teaspoon sumac in a large bowl. Add lettuce, tomatoes, cucumber, onion, mint and the pita pieces; toss to coat. Let stand for 15 minutes.

To prepare chicken:

3. Meanwhile, preheat grill to medium-high. Rub the chicken with oil and season with salt and pepper. Grill until no longer pink inside, 3 to 4 minutes per side. (Alternatively, broil chicken 4 to 6 inches from the heat source for about 6 minutes per side.) Slice the chicken thinly and serve on top of the salad.