



## **Lebanese Fattoush Salad with Grilled Chicken**

### **Salad**

2 6-inch whole-wheat pitas, split  
3 tablespoons extra-virgin olive oil, divided  
1 1/4 teaspoons ground sumac divided  
1/4 cup lemon juice  
1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1 large head romaine lettuce, coarsely chopped  
2 large tomatoes, diced  
2 small salad cucumbers or 1 large cucumber, seeded and diced (peeled if desired)  
1/2 cup thinly sliced red onion  
1/3 cup thinly sliced fresh mint

### **Chicken**

1 1/2 pounds of boneless, skinless chicken breasts  
1 1/2 teaspoons extra-virgin olive oil  
1/4 teaspoon salt  
1/8 teaspoon freshly ground pepper

To prepare salad: 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.

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: 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.

### **Nutritional Analysis**

Calories	295
Fat	12 g
Saturated Fat	2 g
Monounsaturated Fat	7 g
Cholesterol	63 mg
Sodium	473 mg
Carbohydrates	21 g
Fiber	5 g
Protein	27 g
Potassium	693 mg

**Diabetic Exchanges: 1 starch, 1 vegetable, 1 fat, 3 lean meat**