

SALADS

Middle Eastern Pita Salad

1	whole wheat pita	1
½	English cucumber, (about 6 inches/15 cm)	1/2
4 cups	torn romaine leaves	1 L
2 cups	grape tomatoes, halved	500 mL
1 cup	corn kernels	250 mL
½ cup	thinly sliced red onion	125 mL
½ cup	each chopped fresh flat-leaf parsley and mint	125 mL
6	radishes, thinly sliced	6
2	celery ribs, sliced	2

Dressing:

4 tbsp	fresh lemon juice	45 mL
4 tbsp	extra virgin olive oil	45 mL
1 tsp	grated lemon rind	5 mL
1 tsp	dried oregano	5 mL
½ tsp	salt	2 mL
1	clove garlic, pressed through a garlic press or minced	1

1. Preheat oven to 350°F (180 °C). Separate pita into 2 rounds, place on baking sheet; bake for about 8 minutes, or until crisp. Break apart into bite-size pieces; set aside.
2. **Dressing:** In small bowl whisk together lemon juice, olive oil, lemon rind, oregano, salt and garlic. (Make-ahead: Cover and refrigerate for up to 2 days.)
3. Slice cucumber lengthwise into quarters and cut crosswise into ¼-inch (0.5 cm) pieces; place in large bowl. Add romaine, tomatoes, corn, onion, parsley mint, radishes and celery; toss with dressing. Add pita pieces and toss again.



EASY ALL STAR RECIPE

15 minutes to prepare

8 minutes to bake

Yields 8 servings

WHAT YOU NEED:

- sharp knife
- cutting board
- small bowl
- large bowl
- measuring spoons
and cups
- baking sheet

COOKING TIPS:

Corn scraped of a cooked cob, thawed frozen corn or canned corn drained and rinsed will all work in this recipe.

TASTY IDEAS:

For a vegetarian main meal option, add 1 can (19 oz/540 mL) drained and rinsed chick peas or black beans.

For a change instead of the red radish try daikon, also known as Chinese white radish, the radish is shaped like a very large white carrot. Select medium daikon, wash and peel the skin; slice into match-like sticks.