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DIET CENTER

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LEBANESE FATOUSH SALAD

Advanced Lifestyle

Ingredients

- 1 cup red bell pepper strips
- 1 cup green bell pepper strips
- 1 cup thinly sliced, peeled cucumber
- ½ cup thinly sliced onion
- 2 TBS chopped fresh mint
- 2 TBS chopped fresh cilantro
- 2 TBS fresh lemon juice
- 2 TSP extra-virgin olive oil
- ½ TSP Morton's Lite salt
- 1/4 TSP black pepper
- 2 tomatoes, cut into 1/4-inch thick wedges (about ½ pound)
- 1 (6-inch) whole wheat pita, toasted and torn into bite-size pieces

Instructions

Combine all the ingredients in a bowl, and toss gently to coat.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 cup = 2 V