

RECIPE | TOMATOES

FRESH TOMATO AND PITA CHIP SALAD



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INGREDIENTS

For Salad:

- 2-3 Pure Flavor® Tomatoes on-the-vine, deveined, cubed
- 1 Pure Flavor® English Seedless Cucumber, quartered lengthwise, thinly sliced
- 1 head Baby Romaine lettuce, shredded
- 4 radishes, thinly sliced
- 2 whole wheat pitas cut into wedges, or your favorite pita chips

For Dressing:

- 4 tbsp. fresh parsley, chopped
- 2 tbsp. grated lemon rind
- 4 tsp. fresh mint, chopped
- ½ cup green onions, thinly sliced
- 2 tbsp. extra virgin olive oil
- ¼ tsp salt

DIRECTIONS

1. For dressing, combine parsley, lemon rind, mint and green onions with olive oil and salt in a small bowl.
2. Mix well and let stand at least one hour. Meanwhile, combine lettuce, tomatoes, cucumbers and radishes in a large bowl, set aside to chill.
3. Preheat oven to 400 F. Arrange cut pitas on a single layer on a baking sheet, bake for 6 minutes or until toasted and crisp.
4. When ready to serve, add pita chips to salad mixture and toss with dressing.



TOTAL TIME

14 minutes

PREP TIME

8 minutes

COOK TIME

6 minutes

STAND TIME

1 hour

SERVES

4-6

COOKING LEVEL

Easy