



# WEIGHT ★ NO ★ MORE DIET CENTER<sup>SM</sup>



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## **LEBANESE FATOUSH SALAD**

**Final 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
- ¼ 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