



This recipe comes from Heidi Krahlung of Insalata's restaurant in San Anselmo, CA. It is a healthy and tasteful Sunday night supper dish.

Insalata's Fattoush Salad with Lemon Vinaigrette

Ingredients

4-1/2 cups cherry tomatoes, diced
4-1/2 cups cucumber, diced
1-1/2 cups red onions, thinly sliced
1 cup cilantro, chopped lightly packed
1 cup fresh mint, chopped, lightly packed
18 hearts of Romaine lettuce, roughly chopped
toasted pita bread, broken into pieces
crumbled feta cheese
Kalamata olives, pitted
1-1/2 Tbs. garlic, chopped, sauteed briefly
1-1/2 cups lemon juice
1/2 cup rice vinegar
1 tsp. sugar
1 tsp. cumin seed, toasted and ground
2-3/4 cups olive oil
3/4 cups extra virgin olive oil
coarse salt and freshly ground black pepper to taste

Instructions

Add salad ingredients to a large bowl and toss to combine. Mix vinaigrette ingredients together and use to dress salad.

Serves 24.

© Mary S. Risley

(Recipe from Heidi Krahlung of Insalata's in San Anselmo)