



Chopped Mediterranean Salad

Recipe Source: www.marthastewart.com

Serves 2

Ingredients:

- 1 (6-inch) whole-wheat pita, cut into small squares or strips
- 1 romaine heart, sliced 1/2-inch crosswise
- 1 (15 oz) can chickpeas, drained and rinsed
- 1/2 English cucumber, unpeeled, cut into 1/2-inch dice
- 1 green onion, thinly sliced
- 1 cup cherry tomatoes, quartered
- 1/4 cup crumbled feta cheese
- 3 Tbsp fresh lemon juice (from 1 lemon)
- 1 Tbsp olive oil
- Salt and freshly ground black pepper

Steps:

- Preheat oven to 350°. Place pita on a baking sheet and bake until crisp, about 10 minutes. Set aside to cool then store in an airtight container.
- Meanwhile, in an airtight container, combine romaine, chickpeas, cucumber, scallion, tomatoes, and feta. Cover and refrigerate up to overnight.
- Make dressing by whisking lemon juice and oil in a small screw-top jar. Season with salt and pepper. Cover and store in jar at room temperature.
- To serve, toss romaine mixture with dressing. Top with pita chips.

Tips from the Test Kitchen: These directions are for making the salad and packing it to go, perfect for a workplace lunch. You can of course eat the salad immediately upon preparing! If you want to do a portable salad in a jar, pour the dressing in the bottom of the jar, then top (in this order) with tomato, cucumber, chickpeas, green onion, romaine, and cheese. Store the pita chips separately if eating later. When ready to eat, shake the jar and pour onto a plate. Top with pita chips.

Nutritional Facts (per serving): Calories: 410, Carbohydrates: 54 grams, Protein: 17 grams, Total Fat: 15 grams, Saturated Fat: 4 grams, Cholesterol: 17 mg, Sodium: 942 mg, Fiber: 13 grams, Total Sugars: 5 grams.