

Onion Mediterranean Pitas

Ingredients

1 medium head romaine lettuce, torn
1 small onion, cut into rings
3 small tomatoes, diced
1 medium cucumber, sliced
1 small green bell pepper, sliced
6 radishes, thinly sliced
1/4 (one-quarter) cup chopped parsley
1/3 cup olive oil
3 tablespoons lemon juice
1 garlic clove, crushed
salt and pepper, to taste
1 teaspoon finely chopped mint, if desired
6 warm whole wheat pitas, sliced in half

Method

Combine lettuce, tomatoes, cucumber, pepper, onion, radishes and parsley in a salad bowl. Whisk together olive oil, lemon juice, garlic, salt, pepper and mint. Pour over salad and toss to coat. Cut each pita in half. Open up envelop style and stuff with prepared salad. Yields six servings of two pita halves each.