

Lebanese Fattoush-Inspired Detox Salad

Ingredients

- 2 cups chopped romaine or mixed greens
- ½ cup chopped cucumber
- ¼ cup chopped radish
- 2 tbsp chopped parsley
- 1 tbsp olive oil
- Juice of half a lemon
- Pinch of sumac (optional)
- Optional: a few crushed baked pita chips or rustic teff flatbread chunks

Instructions

1. In a large bowl, combine all fresh vegetables and parsley.
2. Whisk lemon juice with olive oil and sumac.
3. Drizzle dressing over the salad and toss gently.

Detox Benefits:

Fresh raw veggies and parsley support blood purification; sumac adds antioxidants