



Faux-toush Salad with Lavash

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 persian cucumbers halved sliced
- 2 cloves garlic grated
- 2 cups grape tomatoes quartered
- 1.5 teaspoons honey
- 2 juice of lemon
- 6 servings kosher salt and pepper black freshly ground
- 4 ounces sheets lavash (3 sheets)
- 0.8 cup hand-torn mint leaves fresh

- 0.7 cup olive oil extra-virgin plus more for drizzling
- 2 baby greens cut in 1-inch pieces
- 1 pound chicken breasts boneless skinless
- 0.5 teaspoon sumac powder plus more for sprinkling

Equipment

- bowl
- baking sheet
- oven
- whisk
- grill
- grill pan
- cutting board

Directions

- Preheat the oven to 425 degrees F with 2 racks set in the middle of the oven.
- Brush the lavash sheets on both sides with 3 tablespoons of the oil. Season lightly with salt and pepper.
- Cut into 2- by 1-inch rectangles.
- Place the rectangles on 2 baking sheets in a single layer.
- Bake until lightly browned and crispy, about 5 minutes. Halfway through cooking, rotate the baking sheets front to back and top to bottom, flipping the lavash pieces over if needed.
- Heat a large grill pan over medium heat.
- Brush the chicken with 2 tablespoons of the oil and sprinkle liberally with salt and pepper. Grill until slightly charred on both sides and the internal temperature of the chicken reaches 160 degrees F, 15 to 18 minutes. Rest the chicken on a cutting board for 5 minutes.
- Whisk the honey, lemon zest, lemon juice, garlic and sumac together in a large bowl. Slowly whisk in the remaining oil. Season with salt and pepper.
- To serve, slice the chicken thinly against the grain. Use gloved hands to toss the sliced chicken, romaine, cucumbers, tomatoes, mint and lavash with the dressing. Gently break up

the lavash pieces with your hands to better incorporate them into the salad. Season with salt and pepper if needed.

Serve family-style, or divide the salad among 4 large plates.

Drizzle with additional oil and sprinkle with sumac.

Nutrition Facts

PROTEIN 34.69% **FAT 29.28%** **CARBS 36.03%**

Properties

Glycemic Index:27.88, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:19.226086823837%

Flavonoids

Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 228.88kcal (11.44%), Fat: 7.45g (11.47%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 17.51g (6.37%), Sugar: 5.08g (5.64%), Cholesterol: 48.38mg (16.13%), Sodium: 186.98mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.87g (39.74%), Vitamin A: 4029.36IU (80.59%), Vitamin K: 52.95µg (50.43%), Vitamin B3: 8.45mg (42.25%), Vitamin B6: 0.71mg (35.49%), Selenium: 24.61µg (35.16%), Vitamin C: 18.4mg (22.3%), Folate: 84.2µg (21.05%), Phosphorus: 209.64mg (20.96%), Potassium: 675.07mg (19.29%), Manganese: 0.3mg (14.88%), Vitamin B5: 1.46mg (14.56%), Iron: 2.27mg (12.62%), Fiber: 3.13g (12.51%), Magnesium: 47.95mg (11.99%), Vitamin B2: 0.15mg (9.04%), Vitamin B1: 0.13mg (8.93%), Copper: 0.16mg (8.19%), Vitamin E: 1.2mg (7.99%), Zinc: 0.86mg (5.76%), Calcium: 51.85mg (5.19%), Vitamin B12: 0.15µg (2.52%)