

•Virtual Cooking Class Materials•

National Salad Month: Middle Eastern Fattoush

Thanks so much for signing up for my cooking class with the Yonkers and Mamaroneck Public Libraries! This PDF contains everything you need to get prepared for us to cook together.

•**PRO TIP: print out the recipe card(s) to keep them handy during class!**•

Please read through the **3 recipes** (pages 2-3 of this PDF) in advance and **have all of your cookware/tools and ingredients out and ready to go** when class starts if you're cooking along with me.

Note that ground sumac can sometimes be tricky to find, but many more chain supermarkets are carrying it these days. It is available at most specialty spice shops, Middle Eastern markets, or online at [Burlap and Barrel](#) or [Amazon](#).

If you aren't able to find it, I've included notes about omitting it in the recipe. No big deal! This is a laid back class and we will work with what you have.

In addition to the ingredients, here's a list of the cookware/tools you'll need:

- Cutting board
- Chef's knife
- Oven or toaster oven
- 2 large bowls
- Medium bowl
- Baking sheet
- Measuring cups & spoons
- Whisk



If you have any questions, comments, or concerns, feel free to email me at bigflavorstinykitchen@gmail.com.

See you in the kitchen!

-Ashley Covelli

P.S. If you're still craving more, you can [click here to sign up for Extra Helping](#), my **free newsletter**. You'll get delicious recipes, cooking tips, and exclusive content delivered **straight to your inbox** once a week!

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Middle Eastern Fattoush Salad

Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Salad

Makes: 4 Servings

Prep Time: 10 Minutes

Shopping online? Visit [the Big Flavors Amazon shop page](#) to stock up on ingredients and kitchen tools!

Ingredients

- 1 (12-ounce) package grape tomatoes, halved
- 1 English cucumber, halved and chopped (about 3 cups)
- 6 radishes, halved and thinly sliced (about 1/2 cup)
- 1/2 cup chopped fresh flat-leaf parsley
- 1/2 cup chopped fresh mint
- 4 green onions, thinly sliced (about 1/2 cup)
- 2 ounces feta, cut into chunks or crumbles
- 1/3 cup sumac vinaigrette
- 1 batch seasoned pita chips, cooled (see notes)

Instructions

1. In a large bowl, combine tomatoes, cucumber, radishes, parsley, mint, green onions, and feta. Pour sumac vinaigrette over top and toss well to combine.
2. Crumble cooled pita chips over top and toss gently to combine.

Notes:

- This recipe does not use the full amount of sumac vinaigrette from that recipe. You'll have some leftover. It can be stored, covered, in the refrigerator.
- One batch of seasoned pita chips equal to 2 full-size pocket pitas, which is about 32 chips
- If making salad in advance, wait to add the pita chips until just before serving.
- To keep this recipe vegan, simply omit feta or use a plant-based substitute.

Recipe from Ashley Covelli at
Big Flavors from a Tiny Kitchen



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Sumac Vinaigrette

Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Dressings & Condiments

Makes: About 3/4 cup | **Prep Time:** 5 Minutes

Ingredients

- 1/2 cup extra-virgin olive oil
- 1/4 cup freshly squeezed lemon juice
- 3 teaspoons ground sumac (see notes)
- 1/2 teaspoon ground cinnamon
- Kosher salt if needed (see notes)

Instructions

1. In a medium bowl, whisk together oil, lemon juice, sumac, and cinnamon. Taste for seasoning and season with salt if desired.

Notes:

- Sumac is often mixed with salt, so I recommend leaving out any additional salt until you taste the final vinaigrette.
- If you don't have ground sumac, you can omit it and add a little fresh lemon zest and kosher salt, to taste, for seasoning.

Seasoned Pita Chips

Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Appetizers & Snacks | **Servings:** 4 | **Prep Time:** 5 Minutes | **Cook Time:** 8 Minutes

Ingredients

- | | |
|----------------------------------|---|
| 2 pieces pocket-style pita bread | 1/2 teaspoon kosher salt |
| 3 tablespoons olive oil | 1/4 teaspoon ground paprika |
| 1 teaspoon dried parsley | 1/8 teaspoon freshly cracked black pepper |
| 1/2 teaspoon dried oregano | |

Instructions

1. Preheat oven to 400°F.
2. Cut each piece of pita bread into triangles and separate the layers.
3. In a large bowl, whisk together oil, parsley, oregano, salt, paprika, and pepper.
4. Add pita to the bowl and toss with your hands until all of the pieces are coated with the mixture.
5. Spread into a single layer on a baking sheet.
6. Bake until golden brown and crispy, about 8 minutes total.

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