



POMEGRANATE HOLIDAY SALAD

Ingredients: (Serves 4-6 people)

- 7-8 cups chopped lettuce (optional: mix with arugula)
- 3 regular oranges
- 3/4 cup pomegranate seeds
- 1 avocado, chopped
- 1/2 cup crumbled feta cheese
- 1/3 cup sliced almonds (optional: toasted)

Dressing:

- Juice from 1 large orange (~4 tablespoons)
- 3/4 - 1 teaspoon orange zest
- 2 tablespoons white wine vinegar
- 1 tablespoon honey
- Scant 1/4 teaspoon salt
- 1/4 cup olive oil
- Pinch of ground pepper
- Pinch cayenne pepper, optional

Instructions:

1. Chop the lettuce, wash, and dry.
2. Slice the peels off of the oranges and then cut into slices or smaller pieces. You can substitute clementines, but will need to increase the amount. Alternatively mandarin oranges can be used.
3. Remove the peel and pit of the avocado. Squeeze some fresh lemon or lime juice over the chopped avocado to keep it from browning.
4. Toss the lettuce, oranges, pomegranate seeds, and avocado.
5. In a small skillet over medium-low heat place the almonds. Stir constantly for a few minutes until lightly toasted. This is optional, but adds so much flavor.
6. In a blender or food processor, blend all of the dressing ingredients together. The dressing will be runny, but it adheres to the lettuce really well! Increase the flavorings to personal preference - this may be a little more orange or perhaps some more honey...etc.
7. If you are eating the salad right away, toss it with the dressing, toasted almonds, and feta cheese.
8. If you are eating it later, store the dressing separately and toss right before eating. If the dressing is added too early it tends to get soggy and not taste so well. Add the almonds and feta with the dressing.
9. The cayenne pepper is optional, but a fun kick -- you can increase the amount if desired.

