

Spinach Salad with Pears and Pomegranate



~ Ever had a fresh pomegranate? It takes a bit of time to remove the seeds from this almost absurd looking fruit, but it's totally worth it – each seed is a burst of juicy, sweet flavor. You will love eating snacking on them out of a bowl, and they're also great to add to salads and desserts

Servings: 10 and ½ C vinaigrette (1.5 tsp per serving)
Prep Time: 15 min

Ingredients - Vinaigrette

- 3 Tbsp apple cider vinegar
- 2 Tbsp honey
- 1 Tbsp Dijon mustard
- 1 Tbsp olive oil

Ingredients - Salad

- ½ medium red onion
- 1 medium ripe pear
- ½ tsp cider vinegar or freshly squeezed lemon juice
- 8 C baby spinach leaves (about 8 oz)
- 2/3 C pomegranate arils

Preparation

1. Combine vinegar, honey, and mustard in a nonreactive bowl or jar and set aside for about 5 minutes. Whisk in oil or add to jar (close lid and shake until well combined). Season with a pinch of kosher salt and a dash of pepper and set aside. Can be made up to 5 days ahead and refrigerated until ready to use. Shake or re-whisk before serving until well mixed.
2. Slice onion into paper-thin slices and place into a small bowl. Halve pear, remove core and stem and cut into paper-thin slices. Combine in bowl with vinegar (or lemon juice) and toss to coat. Set aside for at least 5 minutes before using.
3. To serve, divide spinach among serving plates then top with a scattering of pears and onions. Top each serving with about 1 Tbsp of pomegranate arils, drizzle with dressing, and serve.

Servings per Recipe: 10

Nutrition (per serving): 60 calories, 1.5g total Fat (0g Saturated Fat), 0mg Cholesterol, 70mg sodium, 11g carbohydrates, 2g fiber, 7g sugar, 1g protein