

## **POMEGRANATE AND TOASTED WALNUT SALAD**

This salad is a beautiful dish to display at your Christmas table. Pomegranates are plentiful in the winter and lend a tart and sweet element to your salad that is both pleasing to look at and delicious to eat. You can eat this salad with the Feta or goat cheese additions on maintenance or as a special occasion dish. Some Feta is made with sheep's milk, which we would prefer, but not all. There is no "right or wrong" when adding or taking things away from this salad. Just make it to your preference. *If you want to use this recipe as part of your weight loss plan, you can omit the Feta/goat's cheese and measure your spinach and vegetables to two cups, your fruit to one cup (can add apple, grapefruit or orange pieces along with the pomegranate). Make it a full meal by adding 3 oz of protein and one of our salad dressings.*





## INGREDIENTS

- 1 (10 oz) package fresh organic baby spinach or spring mix
- 1/4 cup red onion, thinly sliced
- 1/2 cup raw walnuts (or pecans), toasted
- 1 pomegranate, peeled and seeds removed (use as much as you prefer)
- 1/2 cup crumbled Feta or goat's cheese (optional)
- Option: add other plan-approved fruit pieces

## INSTRUCTIONS

Place spinach in a salad bowl. Sprinkle red onion, walnuts, Feta and pomegranate seeds. Drizzle with olive oil and balsamic vinegar (3 parts oil to 1 part vinegar) or follow the recipe below.



## **BROWN SUGAR BALSAMIC DRESSING**

### **INGREDIENTS**

- 3/4 cup extra virgin olive oil
- 1/4 cup organic Balsamic vinegar (no additives, etc.)
- 1 Tbsp. Swerve Brown sugar replacement
- 1 Tbsp. Dijon mustard
- 1 clove garlic, minced
- 1/2 tsp Pink Himalayan sea salt
- 1/4 tsp black pepper

### **INSTRUCTIONS**

Place all the ingredients into a jar with a tight-fitting lid. Shake until well-emulsified. Refrigerate leftover dressing for up to a week.