

Pomegranate & Walnut Salad

1 hd..... Chopped Lettuce
½ c..... Pomegranate
½ c..... Walnuts
½ c..... Sliced Red Onion
½ c Blue Cheese Crumbles
2 ozs Dressing

Dressing

1 c..... Oil
½ c..... White Vinegar
2 Tbs..... Sugar
¼ tsp..... Salt

1. Mix dressing and refrigerate until needed.
2. Place lettuce in a bowl.
3. Arrange ingredients over lettuce.
4. Ladle dressing over the top.



Pomegranates are in season and they are not only beautiful but also tasty. They are one of my favorite things to eat and I can't wait until they come into season. I always eat them plain but they are great in salads. Pomegranates are very high in antioxidants so they are very good for you.

A pomegranate can be intimidating but they are really easy to get into. And yes you can eat the whole little seed. But be careful because the juice will stain. Just cut the fruit in half and carefully remove the seeds. If you enjoy this salad but it is out of season try adding dried cranberries or other dried fruit or in the summer try a mixture of fresh berries. Figs are a great addition when they are in season, which is in the summer for about a week.

Be creative, have fun and enjoy!!!

Happy New Year!