

Citrus Pomegranate Salad

Ingredients:

- 1 Pomegranate
- 1 Grapefruit, large
- 2 Oranges
- 5 Cups Mixed salad greens
- 3 green onions, chopped
- Dressing
 - 1/2 Cup Oil packed sundried tomatoes
 - 1 Orange peeled and sliced, small
 - 1/3 Cup olive oil
 - 1/3 Cup Red wine vinegar
 - 3 Tbsp Pine Nuts , toasted
 - 1 1/2 tsp grated orange zest
 - 1 Tbsp honey
 - 1/2 tsp grainy or Dijon mustard
 - 1/8 tsp Cinnamon
 - 1/8 tsp black pepper



Method:

Make dressing by mixing all ingredients in a bowl and blend in a blender or with an immersion hand blender. This makes more dressing than you will need but it is yummy and stores well.

On a large platter spread out the mixed greens, sprinkle with chopped green onions. Peel, remove membrane and slice oranges and grapefruit. Layer over greens. Cut pomegranate in half, place bowl in sink and hit the back of the pomegranate half with a wooden spoon, over the bowl. This loosens the seeds and you can discard the membrane. It does splash, so I do it in the sink! Sprinkle pomegranate seeds over salad.

Drizzle with a little dressing but leave the rest in a jug to serve on the side

Recipes from Ingrid at Quiltessential Co. Inc. St. Albert, Alberta.