

WINTER: Salad

Pomegranate Waldorf Salad

We ate this at Thanksgiving and discovered that it is our nephew/cousin David (Morley)'s favorite! He wasn't there to enjoy it, but was learning to love rice and beans in the Philippines on his mission instead. This recipe is like their version, but there is a dairy-free, lighter, super refreshing recipe below.

1 large pomegranate
1 apple
1/2 cup whipping cream
sugar (1 teaspoonish)
vanilla (maybe 1/2 tsp.)
1/2 cup pecans

Prepare pomegranate seeds (see recipe below). Rinse and chop apple. Whip cream, adding sugar and vanilla at the end (to taste). Toss everything together. Pretty when served on a lettuce leaf.

Here is another recipe adapted from yummys.com. (Photo is from the website. <http://www.yummys.com/recipe/Winter-Grapefruit-Salad-Recipezaar>)

Winter Grapefruit Salad

1/4 cup grapefruit juice
2 tablespoons balsamic vinegar
2 tablespoons olive oil
salt
freshly ground pepper
salad greens, rinsed
grapefruit sections (peeled)
pear slices or avocado slices
dried cranberries or pomegranate arils
(seeds)



Prepare dressing (juice, vinegar, oil, salt, pepper). Prepare greens, grapefruit, pear or avocado, and pomegranate arils. (Watch how to do this on youtube: "how to seed a pomegranate," such as in this video: <http://www.youtube.com/watch?v=htDwG3To4LI&feature=related>). If you quarter the pomegranate, blossom side up, then immerse it in a bowl of water while removing the seeds with your fingers OR whacking it on the skin side while the seeds fall into the bowl, it is lots easier than picking them out one by one.) Arrange salad on plates or toss into a salad bowl.

Serving suggestion: Thanksgiving or Sunday dinner with a roast or roast chicken.