

Winter Salad with Roasted Squash and Pomegranate Vinaigrette

Serving size: 1.5 cups; makes about 8 servings

Prep time: 15 minutes

Cook time: 25 minutes

Total time: 40 minutes

Ingredients:

Pomegranate Vinaigrette

- 1 tbsp. minced shallots
- 1 tbsp. pomegranate molasses (see Notes)
- 1 tbsp. balsamic vinegar
- 2 tsp. lemon juice
- 2 tsp. finely chopped fresh thyme or tarragon
- 1/4 tsp. kosher salt
- 1/4 cup extra-virgin olive oil
- 2 tsp. water



Squash & Salad

- 1 1/2 - 2 pounds winter squash, such as butternut or buttercup, peeled, seeded and cut into 1/2-inch pieces
- 2 tsp. extra-virgin olive oil
- 2 tsp. fresh thyme leaves
- 1/2 tsp. kosher salt
- Freshly ground pepper to taste
- 6 cups torn frisée or curly endive
- 6 cups torn radicchio
- 1/2 cup pomegranate seeds (see Tips)
- 1/3 cup pistachios or walnuts, toasted (see Tips) and coarsely chopped

Preparation

1. Preheat oven to 375°F.
2. To prepare vinaigrette: Mix shallots, pomegranate molasses, vinegar, lemon juice, thyme (or tarragon) and salt in a small bowl. Whisk in 1/4 cup oil, then water.
3. To prepare squash: Place squash on a baking sheet, drizzle with 2 teaspoons oil and toss to coat. Spread in a single layer and sprinkle with thyme, salt and pepper. Roast, stirring once or twice, until fork-tender, 15 to 25 minutes (depending on the type of squash). Let cool.
4. Salad: Place frisée/endive, radicchio & the squash in a large bowl. Add the vinaigrette & gently toss to coat. Divide the salad among 6 plates & sprinkle with pomegranate seeds & pistachios or walnut

Tips & Notes

- Make Ahead Tip: Refrigerate the vinaigrette (Step 2) for up to 1 day.
- Note: Pomegranate molasses has a bright, tangy flavor. (Don't confuse it with grenadine syrup, which contains little or no pomegranate juice.)
- To make your own: Simmer 4 cups pomegranate juice, uncovered, in a medium nonreactive saucepan over medium heat until thick, 45 to 50 minutes. Makes about 1/2 cup. Refrigerate in an airtight container for up to 3 months.
- Tips: To seed a pomegranate, fill a large bowl with water. Lightly score the fruit into quarters from crown to stem end, cutting through the skin but not into the interior of the fruit. Hold the fruit under water, break it apart and use your hands to gently separate the plump seeds (arils) from the outer skin and white pith. The seeds will drop to the bottom of the bowl and the pith will float to the surface. Discard the pith. Pour the seeds into a colander. Rinse and pat dry. Seeds can be frozen for up to 3 months.
- To toast whole nuts, spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Benefits of pomegranates:

- 1/2 cup seeds contains 16g total carbs and 3.5g fiber
- Good source of Vitamin K, Vitamin C, folate, potassium
- Source of different types of antioxidants and bioactive polyphenols which act as anti-inflammatory agents in the body and prevent cancer, promote cardiovascular health, lower blood pressure levels, improve memory and fight against infection.

Nutritional Information

Per serving

Calories: 155

Total Fat: 11g

Saturated Fat: 1g

Cholesterol: 0mg

Total Carbohydrate: 15g

Dietary Fiber: 3g

Sugar: 4g

Protein: 3g

Sodium: 17mg

Potassium: 403mg