

Winter Salad with Roasted Squash and Pomegranate Vinaigrette

- Yield: 6 Servings

Ingredients:

Pomegranate Vinaigrette

- 1 tablespoon minced shallots
- 1 tablespoon pomegranate molasses (see Note)
- 1 tablespoon balsamic vinegar
- 2 teaspoons lemon juice
- 2 teaspoons chopped fresh thyme or finely chopped tarragon
- 1/4 teaspoon kosher salt
- 1/4 cup extra-virgin olive oil
- 2 teaspoons water

Squash & Salad

- 1 ½ - 2 pounds winter squash, such as butternut or buttercup, peeled, seeded and cut into 1/2-inch pieces
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons fresh thyme leaves
- 1/2 teaspoon 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 walnuts.



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.) Find it in Middle Eastern markets and some large supermarkets near the vinegar or molasses. To make your own: Simmer 4 cups pomegranate juice, uncovered, in a medium nonreactive saucepan over medium heat until thick enough to coat the back of a spoon, 45 to 50 minutes. (Do not let the syrup reduce too much or it will darken and become very sticky.) 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.

Calories: 208

Fat: 14g

Carbohydrate: 19g

Sodium: 160mg

Protein: 3.0g

Fiber: 5g