



Wow Pom Lunch Salad

This salad could be the envy of the office because it is so crunchy, fresh and colorful. The combination of fresh fruits and veggies wakes up your taste buds. Micronutrients in fresh fruits and vegetables fight free radical damage, and give your body the boost it needs to stay healthy. Of course you can down size this salad and serve at dinner for a “wow” side dish

Ingredients

4-5 cups of mixed greens
Handful of fresh parsley (de-stemmed)
1 cucumber
1 cup of broccoli florets
1 cup of cauliflower florets
1 cup of cantaloupe chunky chopped
A small hand full of pomegranate arils*
Crumbled cheddar cheese

Pomegranite Dressing

¼ cup olive oil
3 tbsp pomegranate red wine vinegar
the zest and juice of one lemon
1 teaspoon dry chia
1 ½ tablespoons of honey or agave nectar

*Pom Tip: You can freeze pomegranate arils! When pomegranates are in season buy an extra 1 or 2 and freeze the arils for a treat year around! You'll save money this way too.

First, prepare your mixed greens and de-stem the parsley. Remove the seeds from the cucumber, and chop into bite size pieces. Break up the broccoli and cauliflower florets into similar bite size pieces for great crunch. Slice the cantaloupe into wedges as shown above. This adds a splash of color and cool flavor. Make the dressing and toss the salad together to coat with great pomegranate flavor. Last, sprinkle the arils and cheese crumbles over the top to finish it off.

To make the Pomegranate Vinaigrette Dressing:

In a small container, combine ¼ cup olive oil, 3 tablespoons of pomegranate red wine vinegar, the zest and juice of one lemon, 1 teaspoon dry chia and 1 ½ tablespoons of honey or agave nectar.

Can't find pomegranate vinegar?

You can make your own easily. Use 2 tablespoons pomegranate juice and 2 tablespoon of “regular” red wine vinegar. Stir to mix, and your substitute is ready.

“Want chips with that?”

Here's a reminder (these chips were originally with a quinoa salad) of the at-home pita crisp recipe. Cut 3-4 store bought pita rounds into halves and then separate these halves so that the pita pocket is just one layer.

Place on several cookie/baking sheets. Spray them with cooking oil spray and cut with your kitchen shears into small wedges (about 12 per pita round).

Mix together 1 teaspoon garlic powder, a little paprika or cayenne pepper and 1 teaspoon oregano and sprinkle over the wedges. Bake for about 10 minutes in at 350 degrees. If there are any left, which we doubt, keep them fresh and crisp in an air tight container.