

Herbal Legacy Recipes

SPINACH SALAD WITH PEARS AND POMEGRANATE

Vinaigrette

INGREDIENTS

- 3 tbsp apple cider vinegar
- 2 tbsp honey
- 1 tbsp Dijon mustard
- 1 tbsp olive oil



DIRECTIONS

1. Combine vinegar, honey, and mustard in a bowl or jar and set aside for about 5 minutes.
2. Whisk in oil or, if using a jar, add to jar, close lid tightly and shake until well combined.
3. Season with a pinch of kosher salt and a dash of pepper and set aside. (Can be made up to 5 days ahead and stored refrigerated until ready to use. Shake or re-whisk before serving.)

Salad

INGREDIENTS

- 1/2 medium red onion
- 1 medium ripe pear
- 1/2 tsp cider vinegar or freshly-squeezed lemon juice
- 8 cups baby spinach leaves (about 8 oz)
- 2/3 cup pomegranate arils

DIRECTIONS

1. Slice onion into paper thin slices and place in a small bowl. Halve pear, remove core and stem, and cut into paper thin slices. Combine in bowl with vinegar or lemon juice and toss to coat. Set aside for at least 5 minutes before using.
2. To serve, divide spinach among serving plates then top with a scattering of pears and onions. Top each serving with about 1 tbsp of pomegranate arils, drizzle with dressing, and serve.

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