



Christmas Kale Salad

Time: 15 minutes

- 1 bunch of kale
- 2 tangerines
- ¼ cup pomegranate seeds
- 1 avocado, cut into chunks
- ½ lemon, zest and juice
- 1 Tbl. parmesan cheese
- 1 tsp olive oil
- 1-2 tsp. balsamic vinegar
- Salt and pepper

- 1) Peel the tangerines, remove the seeds and cut the segments in half.
- 2) Remove the stems from the kale. Wash the leaves, roughly chop and place in a large bowl. Sprinkle with a little salt, lemon zest and lemon juice. Massage the kale with your hands for about a minute, until it starts to look a little wilted.
- 3) Add the parmesan, oil, and balsamic vinegar to the kale. Toss to coat, then toss in the pomegranate seeds, tangerine slices and avocado chunks. Toss to coat again, then season with salt and pepper to taste.

From kqed.org



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Apple Pomegranate Harvest Salad

Time: 10 Minutes

- Living lettuce, chopped
- 1 cup pomegranate seeds
- 1 apple, sliced thin
- ¼ cup chopped pecans or walnuts
- 2 Tbl. feta cheese

DRESSING

- ⅓ cup olive oil
- ¼ cup balsamic vinegar
- 3 Tbl. honey
- ½ tsp. black pepper
- Pinch of garlic powder

- 1) Place the chopped lettuce in a bowl and add the salad toppings.
- 2) In a separate bowl, add all of the dressing ingredients and whisk well to combine. Taste and adjust as needed. Add dressing to the salad.

From asimplepalate.com



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