
Spinach, Jicama, Red Onion and Orange Salad with Pomegranate Vinaigrette

Phillis Carey cooking class, 12/2015



Servings: 8

If you don't have pomegranate molasses, use 2 cups pomegranate juice and boil it down until you have about 1/3 cup - it'll be thick and full of flavor. Don't let it burn.

1. VINAIGRETTE: Combine in a bowl the pomegranate molasses, olive oil, honey, vinegar, mustard, pepper and salt. Can be made ahead by 3 days.
2. PECANS: Place a baking sheet or jelly roll pan next to your range before you start.
3. In a small bowl combine sugar, salt and pepper, and stir to combine.
4. Heat a large wok or heavy skillet over high heat. Add pecans and toss until pecans are warm, about 1 minute.
5. Sprinkle pecans with HALF of the sugar mixture and toss until the sugar melts. Add remaining sugar mixture and toss again until sugar melts, then IMMEDIATELY pour out onto the baking sheet. Spread nuts out and allow to cool. These will keep, stored in a plastic bag, for about 3-4 weeks.
6. SALAD: In a large bowl toss together the spinach, jicama, drained red onion slices, oranges and enough vinaigrette to coat all the spinach. Plate the salads and top with pomegranate seeds and peppered pecans. Serve immediately.

VINAIGRETTE:

- 1/3 cup pomegranate molasses
- 2/3 cup extra virgin olive oil
- 2 tablespoons honey
- 1 tablespoon balsamic vinegar
- 1 tablespoon white wine vinegar
- 2 teaspoons Dijon mustard
- Salt and pepper to taste

PEPPERED PECANS:

- 1/4 cup sugar
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 cup pecan halves

SALAD:

- 16 ounces spinach leaves
- 1 cup jicama, julienned
- 1 whole red onion, sliced and soaked in vinegar water for one hour, then drained
- 4 whole navel oranges, or substitute mandarin oranges (easier)
- 1/4 cup pomegranate seeds

Per Serving (excluding unknown items): 352 Calories; 27g Fat (66.6% calories from fat); 3g Protein; 28g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 286mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 5 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com