
Persimmon, Orange and Pomegranate Salad with Arugula and Romaine

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SALAD:

- 1 whole pomegranate
- 2 large Fuyu persimmons, ripe
- 2 cups arugula
- 4 cups Romaine lettuce
- 6 tablespoons green onions, thinly sliced
- 4 medium blood oranges, or navel oranges, peeled and thinly sliced

PINE-NUT VINAIGRETTE:

- 1 large Fuyu persimmon, ripe
- 1/3 cup extra-virgin olive oil
- 1/4 cup white wine vinegar
- 3 tablespoons pine nuts, toasted
- 1 1/2 teaspoons orange zest
- 2 tablespoons orange juice, blood orange or regular
- 1 tablespoon honey
- 3 tablespoons shallots, cut up
- 1/2 teaspoon Dijon-style mustard
- 1 dash ground cinnamon, or ground allspice
- 1 dash freshly ground black pepper

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 6

1. Cut pomegranate in half cross-ways. Holding a pomegranate half in your hand over a small bowl, cut side next to your palm, and using a heavy mallet or pounder, rap the outside of the hard skin. Seeds will fall out into your hand and into the bowl. Continue rapping the outside until most have fallen out. Turn it over and break apart to remove the last of the seeds. Repeat for other half. Set aside.
2. Halve each persimmon; remove and discard core. Cut into 1/4- to 1/2-inch-thick slices.
3. In a large bowl, combine arugula, Romaine and green onions. Drizzle 1/2 cup of the vinaigrette over salad; toss to coat. Serve with persimmons and oranges. Sprinkle the reserved pomegranate seeds. Pass remaining vinaigrette. Makes 6 side-dish servings.
4. VINAIGRETTE: Cut persimmon in half; remove and discard core. Scoop out pulp (should have about 1/3 cup), discard skin. Place pulp in a blender or food processor. Cover and blend or process until smooth.
5. Add extra-virgin olive oil, vinegar, toasted pine nuts, finely shredded blood orange or orange zest, blood orange or orange juice, honey, shallot, Dijon-style mustard, cinnamon, and black pepper.
6. Cover and blend or process until smooth. Makes about 1-1/4 cups - you'll use a bit over 1/2 cup for a 6-serving salad.

Yield: 1 1/4 cups

Per Serving (excluding unknown items): 276 Calories; 14g Fat (44.3% calories from fat); 4g Protein; 37g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.