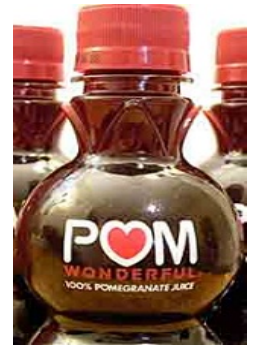


POMEGRANATE DRESSING

INGREDIENTS

- 1/2 C** Pomegranate juice (fresh or bottled)
- 1/4 C** Vinegar (red-wine)
- 2 T** Honey **OR** Agave
- 1/2 C** Olive oil **OR** Sunflower oil
- Salt & pepper (to taste)
- Pomegranate seeds
- Chives (chopped)



DIRECTIONS

- 1** In a medium bowl, mix the pomegranate juice, vinegar & hone & allow to sit for 10 minutes
- 2** Whisk in the oil & add the salt & pepper to taste
- 3** Mix in pomegranate seeds & chives
- 4** Refrigerate until ready to serve
- 5** Stir thoroughly before using

POMEGRANATE DRESSING

INGREDIENTS

- 1 C** Pomegranate juice
- 1/2 t** Sugar **OR** Sugar Substitute **OR** Honey **OR** Agave
- 1/2 t** Salt
- 1 t** Balsamic Vinegar
- 1 t** Extra-virgin olive oil

DIRECTIONS

- 1** Boil the pomegrnate juice in a 2 quart steel non-reactive saucepan over high heat
- 2** When it's reduced to 1/3 C (approximately 10 minutes) take the pan off the heat
- 3** While liquid is still warm, stir in the remaining ingredients
- 4** Set aside to cool
- 5** Makes 2/3 C vinaigrette

NOTES

- 1** Be sure you're buying 100% pomegranate juice
- 2** Some juices advertised as pomegranate juice are a blend of apple or grape juices with a small percentage of the more expensive pomegranate juice
- 3** POM is an excellent brand, but there are also other brands that are pure pomegranate juice