

SPINACH SALAD WITH POMEGRANATE GLAZED WALNUTS

INGREDIENTS

- 1/2 C + 4T** Pomegranate juice
- 2t** Sugar substitute
- Kosher salt
- 1 C** Walnuts (chopped coarsely)
- 1/2 C + 4T** Red onion (thinly sliced)
- 8 oz** Spinach (baby)
- 8 oz** Mushrooms (white) (button) (trimmed & thinly sliced) (Will then equal 1 C)
- 1 1/2 C** Tomatoes (grape) (cut in 1/2)
- 2 T** Red wine vinegar
- 2 T** Extra virgin olive oil
- 1/4 t** Salt
- 1/4 t** Pepper



COOKING INSTRUCTIONS

- 1** 1/2 cup of the juice & 1/4 t of the kosher salt in a small non-stick pan
- 2** Bring to a simmer over medium-high heat
- 3** Cook, stir often, until the mix reduces slightly (5 minutes)
- 4** Add walnuts
- 5** Continue to stir until the nuts are coated, appear dark & the liquid evaporates (5 minutes)
- 6** Place on a cookie sheet to cool
- 7** When cool break the walnuts apart from each other with your hands

DIRECTIONS

- 1** Soak the red onion in ice water for about 10 minutes & then drain & pat dry
- 2** Put the spinach in a large bowl & add onions, mushrooms, tomatoes & walnuts
- 3** In a separate bowl whisk the 4 T juice with the red wine vinegar, salt, pepper & whisk with oil
- 4** Drizzle over the salad & toss right before serving

