

## Pomegranate Clementine Frisee Salad

### Ingredients

- 3 tbsp walnut halves
- 2 clementines peeled and pulled into wedges
- 4 cups frisee lettuce, coarsely chopped
- 2 cups Boston lettuce, torn
- Quarter sweet onion, sliced into rings
- ½ cup pomegranate seeds
  
- 3 tbsp EVOO
- 2 tbsp red wine vinegar
- Pinch of sugar, salt and pepper – to taste
- Juice from 2 clementines



### Directions

1. In a skillet toast walnuts over medium heat, turning occasionally, until lightly toasted which is about 4 minutes each side and set aside
2. Remove peel from 2 of the clementines and divide into sections. Using paring knife, remove as much white pith as possible.
3. Juice remaining clementines and set aside
4. In a large bowl, whisk together oil, vinegar, clementine juice, sugar, salt and pepper. Add frisee and Boston lettuces, onion and clementine sections, tossing to coat. Divide among salad plates and sparkle with pomegranates seeds and walnuts
5. Makes 4 servings

*Source: Canadian Living*

### Substitutions

- There are some people who are sensitive to citrus (especially the orange family of citrus) so a great substitution would be:
  - Thinly sliced apple or pear sections.
  - Instead of clementine juice in the dressing, add about **2tbsp** fresh lemon juice, apple juice/apple cider or pomegranate juice!
- Instead of white sugar you can try a bit of honey or go crazy and pick up some pomegranate molasses!
  - Start with about **1tsp** and adjust according to taste!