

Pomegranate & Orange Salad with Mint, Baby Spinach,

Frisee & Radicchio

Difficulty: Intermediate | Prep Time: 30 min | Serves: 6
Recipe by Draeger's Cooking School

- ¼ cup pomegranate juice
- 1 teaspoon Dijon mustard
- 1 teaspoon pomegranate balsamic vinegar
- Kosher salt and freshly ground black pepper
- ½ cup extra virgin olive oil
- ½ bunch of mint, leaves picked from stems and cut in half
- One (5-ounce) box of baby spinach, leaves sliced



- 1 head radicchio, quartered and thinly sliced
- 1 small head frisee, washed and cut into 1-inch pieces
- 2 large blood oranges, peel and pith removed, sliced thinly
- Arils from 1 pomegranate (if available)

Preparation:

In a small bowl, whisk together pomegranate juice, Dijon mustard, pomegranate balsamic vinegar, salt, pepper, and olive oil until emulsified.

To remove the arils from the pomegranate, cut the fruit in half. Working with one half at a time, place each half in a large bowl filled with water. Keep the pomegranate submerged in the water as you gently pull apart the arils from the skin. Skim off any floating pieces of skin and strain the arils from the water. Repeat with remaining halves.

Just before you are ready to serve, toss the spinach, radicchio and frisee together in a large bowl with just enough vinaigrette to coat. Place oranges in a small bowl and toss with just enough vinaigrette to coat. Season both salad greens and oranges with salt and pepper.

To serve, make a bed of salad greens on a large serving platter and top with dressed orange slices and pomegranate arils, as using. Sprinkle with mint and serve immediately.