

Fall Salad With Pomegranate Dressing

Yield: 10 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fall-salad-recipe>

Ingredients:

- 12 ounces spring salad mix
- 1 pear sliced or chopped
- 1 apple sweet, sliced or chopped
- 1/4 cup red onion chopped
- 1/2 cup pepitas roasted salted
- 1/2 cup pomegranate seeds
- 4 ounces cheese soft crumbled gorgonzola
- 1 nuts Recipe 5 Minute Perfect Caramelized, using pecans
- 3 cups butternut squash peeled and chopped into 1/2"-3/4" cubes
- 2 teaspoons olive oil
- 1 tablespoon pure maple syrup
- 1/4 teaspoon cinnamon EACH, salt
- 1/8 teaspoon pepper
- 1 dash cayenne
- 1/2 cup pomegranate juice
- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 2 tablespoons sugar more or less to taste
- 1 tablespoon poppyseeds optional
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder EACH, salt, pepper
- 1/8 teaspoon ginger powder

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 10 milligrams

4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 4 grams
8. Sodium: 85 milligrams
9. Sugar: 12 grams

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