

Festive Holiday Salad | Pomegranate Mason Jar Dressing

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/william-brangham-holiday-salad-recipe>

Ingredients:

- 8 cups fresh spinach leaves
- 1/2 cup pomegranate seeds Melissa's organic
- 1/2 cup dried cranberries Melissa's
- 1 cup fresh raspberries
- 1/2 cup pecans or make Spicy Candied Pecans
- 1/2 inch anjou pears slices Melissa's D', cut with small tree cookie cutter
- 4 tablespoons pomegranate juice store bought or fresh squeezed pomegranate juice
- 2 tablespoons apple cider vinegar
- 1 orange zested and juiced, zest first!
- 4 tablespoons Dijon mustard
- 1/4 cup extra-virgin olive oil
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon cracked pepper fresh
- 1/2 teaspoon sea salt

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 23 grams
3. Fat: 30 grams
4. Fiber: 8 grams
5. Protein: 6 grams
6. SaturatedFat: 3 grams
7. Sodium: 390 milligrams
8. Sugar: 11 grams

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