

Pomegranate Salad

1 pomegranate
1 bunch parsley
1 apple
¼ cup Walnuts, pine nuts or feta cheese
Garlic (optional)
Olive oil
Apple cider vinegar or fresh lemon juice

Open the pomegranate and remove seeds, rinse and place in a bowl. Chop parsley finely and add to bowl. Wash apple, and cut into thin slices, leaving the skin on, add to bowl. Add walnuts, pine nuts or feta cheese (walnuts are best if toasted in the oven for a few minutes until they just start to brown). In a separate small bowl mix about 3 tbsp olive oil, 2 tbsp vinegar or lemon juice and 1 clove chopped garlic. Add to salad and toss. This is an excellent winter salad, and great for a potluck as it stays looking fresh for hours at room temperature.