

Radicchio Salad With Cranberry Orange Dressing

Yield: 4 to 6 servings

Ingredients

½ cup walnut, halves

For the dressing:

1 cup fresh orange juice

½ cup cranberries, fresh or frozen

6 to 7 Medjool dates, pitted

Pinch cayenne pepper

Sea salt

For the salad:

1 head romaine lettuce, chopped

½ head radicchio, chopped

½ cup fresh pomegranate seeds

½ cup parsley leaves, loosely packed

Instructions

1. Preheat the oven to 250 degrees.
2. Roast the walnuts on a baking sheet for 15 to 20 minutes, until they turn lightly brown. Remove and break into small bits.
3. To make the salad dressing, combine the orange juice, cranberries, and dates in a blender. Blend until smooth.
4. Pour the dressing into a shallow pan and bring to a boil, then reduce the heat to low and simmer for 10 to 15 minutes, until the liquid thickens a bit and reduces by about a third. Add the cayenne, and season with salt to taste. Set aside to cool.
5. In a large bowl, combine the romaine, radicchio, pomegranate seeds, and parsley. Toss with some of the oil-free dressing (taste first; you may not want to use all of it).
6. Sprinkle with walnuts right before serving.

Tip: Store extra dressing in the refrigerator for 1 week.

Nutrition Information

Serving Size: 1 to 1 ½ cups

Calories: 110

Total Fat: 4.4g

Saturated Fat: 0.4 g

Monounsaturated Fat: 0.6 g

Polyunsaturated Fat: 3.2 g

Sodium: 7.4 mg

Total Carbohydrate: 17.3 g

Dietary Fiber: 3.3 g

Sugars: 12.7 g

Protein: 2.3 g

Source: Forks Over Knives. Darshana Thacker



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