

CO-OP MEALS  
*Dinner in 30*

## Pomegranate Power Salad

*Serves 4-6 as a main dish or use as a side dish:  
Perfect for holiday entertaining*

### Shopping List:

- 1 cup organic French lentils (#30214)
- 1 cup organic tricolor quinoa (#32144)
- 1 orange
- ½ cup dried sweetened cherries
- 1 pomegranate
- 1 cup slivered almonds (#32500)
- 1 package fresh baby spinach (5 ounces)
- Wozz! Cranberry Saffron finishing vinegar

### Pantry items:

- Olive oil
- Water

Place 1 cup of lentils in a small sauce pot and cover with 2 inches of water. Bring to a boil and reduce to simmer for 20-25 minutes. (Over for lentil tips).

Meanwhile, zest the orange into a small heat-proof bowl and set aside. Squeeze juice from the orange into a sauce pot and combine with dried cherries. Cook over low heat until cherries are plump and soft, about 5 minutes. Remove from heat and add to the bowl with the zest.

In the same pot, combine quinoa with 2 cups of water. Cover and bring to a boil, then reduce to simmer and cook for 15 minutes. Remove from heat and set aside.

While the lentils and quinoa are cooking, extract the pomegranate seeds and add to the bowl with the cherries and orange zest. (Over for pomegranate tips).

In a large bowl, add half the baby spinach and lentils, stir to wilt. Add remaining ingredients and mix thoroughly to combine and wilt spinach. Use additional vinegar and oil as needed. For less-wilted spinach, allow lentils and quinoa to cool before using.

## Tips and Hints

*Recipe and Tips by Hannah Brillig*

### • Straining Lentils:

To remove excess water after cooking, sometimes the lid of a pot can be used, but a fine mesh strainer is probably the safest way: Pour the contents of the pot (lentils and water) through the strainer before adding to the salad bowl.

### • Removing pomegranate seeds:

Slice the fruit in half. Fill a mixing bowl with water. Work the seeds out of the fruit over the bowl, allowing them to fall to the bottom. As you slowly drain the water, any pesky pith that remains should get poured off, leaving you with clean seeds!

### • Make ahead:

The lentils and cherries can be easily cooked ahead of time. However, quinoa is best cooked just prior to serving, as you'll need one warm ingredient to wilt the spinach. If you prefer less wilting, simply chill all ingredients before combining.

