



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Holiday Salad with Pomegranate and Pepitas

Serves 6

Ingredients:

- 1, 5-ounce box of lettuce (e.g. mixed greens)
- 1 pomegranate (seeds/arils only)
- ½ cup pepitas (pumpkin seeds, toasted as desired)
- 2 clementines or satsumas (peeled and segmented)

Creamy Citrus Dressing:

- 2 TBSP olive oil
- 2 TBSP apple cider vinegar
- 1 orange (juiced)
- 1 TBSP lemon juice
- 1 tsp honey (local, unfiltered if available)
- ½ cup plain Greek yogurt
- Salt and pepper to taste



Directions:

1. Prepare dressing: In a mason jar with a tight-fitting lid, combine ingredients. Close lid and shake vigorously. Alternatively, whisk together in a small bowl.
2. Assemble salad: In a medium bowl, mix all ingredients. Serve dressing on the side so that people may use as much dressing as desired.

Nutrition Tips:

1. Satsumas are similar to mandarins, but seasonal in the fall/winter time. They are sweet, juicy, and packed with vitamin C. Satsumas are also an incredibly easy-to-peel fruit.
2. Commercially-prepared dressings can be full of added sugars and unhealthy fats. Making a simple homemade dressing is a great way to control ingredients yet still add a delicious flavor.
3. This dressing is bright, tangy, and refreshing. Plain Greek yogurt adds a great bit of creaminess, richness and protein punch to homemade dressings.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.