

Autumn Salad

Ingredients:

- 6 tbsp. orange juice
- 2 tbsp. balsamic vinegar
- 1/8 cup plus 1 tbsp. extra virgin olive oil
- 1/8 tsp. salt
- 1/4 tsp. ground black pepper
- 1/2 medium bulb fennel, cored and thinly sliced
- 1/4 cup pomegranate seeds
- 2 navel oranges, peeled and broken into segments or sliced
- 6 cups watercress, de-stemmed
- 1/4 cup raw pistachios, chopped



Nutrition Facts

Serving Size 6 oz (165g)
Servings Per Container 5

Amount Per Serving

Calories 140 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 3g **12%**

 Sugars 9g

Protein 3g

Vitamin A 30% • Vitamin C 110%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Combine fennel, pomegranate and oranges in bowl. Whisk the juice, vinegar, oil, salt and pepper in another bowl, pour over fruit, toss and let marinate on counter for 30 minutes.
2. Strain through colander into the original dressing bowl. Add water cress to the dressing, toss, arrange on platter, top with fruit/fennel/pistachios and serve.