



Warm Greens With Pomegranate Seeds

Warm greens: the perfect Fall dish when you crave salads but need to stay warm. The added beauty and taste of pomegranate seeds add complexity to the dish.

Sophisticated, light, delicious, unexpected are some of the words that come to mind to describe this. It's healthful too! This recipe is based on [Terry Walters' Warm Greens with Citrus Dressing and Pomegranate](#) in her cookbook [Clean Food](#).

Prep Time	Total Time	Serves
15 min	15 min	Four

Ingredients

- 2 bunches of greens (bok choy, kale, dandelion, collard greens)
- 1 bunch spinach (or amaranth leaves)
- Seeds from ½ pomegranate

Dressing

- Juice from 1 orange
- 1 1/2 tablespoon maple syrup (or brown rice syrup)
- 2 tablespoon EV olive oil
- ½ teaspoon fresh, grated ginger
- 1 tablespoon mirin (or rice vinegar)
- 1 tablespoon tamari (or soy sauce)
- 1 tablespoon apple cider vinegar

Instructions

1. Mix all dressing ingredients.
2. Trim greens and cut leaves into bite-size pieces.
3. Place all greens in a large saute pan - EXCEPT the spinach.
4. Add dressing and saute two minutes or until bright green and tender.
5. Add spinach and cook for one additional minute.
6. Remove from heat and add pomegranate seeds.
7. Serve, expecting oohs and aahs!

Tips

Here is the original recipe: [Warm Greens with Citrus Dressing and Pomegranate](#).

I substituted spinach for Terry's watercress - the one in stores is rarely fresh and too bitter - and maple syrup for syrup (who has brown rice syrup on hand?). Be sure to consume the extra pomegranate seeds quickly since they ferment after a few days in the fridge.