



Spinach, Pomegranate & Orange Salad with Quick Pickled Red Onions

Prep: 15 minutes plus standing

Serves: 4

- ½ cup apple cider vinegar
- 1 tablespoon granulated sugar
- 2½ teaspoons kosher salt
- 1 cup water
- ½ cup thinly sliced red onion
- ¼ cup balsamic vinegar
- 2 tablespoons fresh orange juice
- 1 tablespoon orange marmalade
- ¼ teaspoon McCormick® ground black pepper
- ⅓ cup olive oil
- 1 container (5 ounces) baby spinach
- 1 medium navel orange, peeled and cut crosswise into ¼-inch-thick slices
- ½ cup pomegranate arils
- ⅓ cup chopped and toasted pecans

1. In medium bowl, whisk apple cider vinegar, sugar, 2 teaspoons salt and water until sugar dissolves; stir in onion. Cover and let stand 1 hour; drain.

2. In large bowl, whisk balsamic vinegar, orange juice, marmalade, pepper and remaining ½ teaspoon salt; whisking constantly, slowly drizzle in oil until emulsified. Add spinach; toss to combine.

3. Serve spinach mixture topped with orange, pomegranate arils, pecans and onion.

Approximate nutritional values per serving:

300 Calories, 25g Fat (3g Saturated), 0mg Cholesterol, 341mg Sodium, 19g Carbohydrates, 4g Fiber, 13g Sugars, 3g Protein

Chef Tips

To toast pecans: In large skillet, toast pecans over medium-high heat 4 minutes or until lightly browned and fragrant, stirring occasionally; transfer to plate to cool.

Pickled Red Onions can be prepared and refrigerated in a sealed container up to 2 weeks; drain before using.

Save time by using a prepared balsamic vinaigrette.