



Pomegranate, Chickpea and Walnut Salad with Pomegranate Molasses Dressing

Pomegranate, walnuts and chickpeas are ingredients that are used widely in Middle Eastern cuisine. This salad combines these ingredients to create an exciting blend of flavours and textures.



Serving
4



Prep
10 Minutes



Contributer
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- 6 cups Mixed greens
- 1 can No salt added chickpeas
- 1 cup Unsalted walnuts
- 1 cup Pomegranate arils
- 1 Tbsp Pomegranate molasses
- 1 Lemon, juiced
- 2 tbsp Olive oil
- ¼ tsp Sumac

1. Add mixed greens, chickpea, pomegranate arils and walnuts into a bowl.
2. Make the dressing. Whisk the olive oil, pomegranate molasses, lemon juice, and sumac together.
3. Toss salad and serve.

DIETITIAN'S MESSAGE

If you don't have pomegranate or if it is not in season, you can make this salad with any fruit. For example, you can add raspberries or blackberries instead when they are in season in the summer!



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