



THE ingles TABLE

with Lindsay Champion Moore
Winter Spa Salad

Shopping List

For the salad

- 1 cup whole pecans, chopped
- 1/4 teaspoon cinnamon
- 1/4 teaspoon kosher salt
- 1/8 teaspoon cayenne pepper
- 6 cups baby arugula
- 1 avocado, sliced
- 1 pomegranate, seeds -also called arils -removed (or about 1.5 cups)*
- 1 cucumber, sliced into 1/2 inch disks
- 4oz goat cheese, more if desired

For the pomegranate ginger vinaigrette

- 1/3 cup pomegranate juice
- 1/4 cup apple cider vinegar
- 1/2 teaspoon freshly grated ginger
- 1 garlic clove, freshly grated
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup olive oil

Cooking Instructions

- 1)** Heat a small saucepan over low heat and add pecans.
- 2)** Toast until they are slightly golden and fragrant (about 5 minutes), stirring and shaking the pan to keep from burning.
- 3)** Toss them with the cinnamon, salt, and cayenne. Set aside.
- 4)** Combine juice, vinegar, ginger, garlic, salt and pepper in a large bowl and whisk to combine.
- 5)** Slowly add olive oil while whisking until dressing emulsifies, or binds together. Store in an airtight container in fridge for up to one week.
- 6)** Add the arugula to a large bowl with a pinch of salt and pepper.
- 7)** Add in the avocado, pomegranate seeds, cucumber, pecans and goat cheese. Drizzle with vinaigrette. Enjoy!

*If pomegranate seeds aren't available in your area, you can substitute dried cranberries



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