

Spinach, Pomegranate & Orange Salad

Ingredients:

- 1/2 cup apple cider vinegar
- 1 Tbsp. granulated sugar
- 2 tsps. kosher salt
- 1 cup water
- 1/2 cup thinly sliced red onion
- 3/4 cup prepared balsamic vinaigrette
- 1 container (5 oz.) baby spinach
- 1 medium navel orange, peeled and sliced (crosswise)
- 1/2 cup pomegranate arils
- 1/3 cup chopped & toasted pecans



Directions:

1. In medium bowl, whisk apple cider vinegar, sugar, salt and water until sugar dissolves; stir in onion. Cover and let stand 1 hour; drain.
2. Toss spinach with balsamic vinaigrette to combine. Top with orange, pomegranate arils, pecans, and onions to serve.



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Side Dishes to Steal the Spotlight!

Have you ever put so much emphasis on cooking the perfect turkey that your side dishes are forgotten? It's time to break away from the same boring sides and try something new.

Skip the prepared and boxed options and start with fresh ingredients. Level up on flavor and nutritional benefits for your Thanksgiving dinner! Skip the mashed potatoes and add some extra color to the table.

For these and more recipe ideas, go to inseasonzine.com.

Hasselback Potatoes with Horseradish & Roasted Red Peppers

Ingredients:

- Nonstick cooking spray
- 8 medium potatoes (about 4 pounds)
- 1/2 cup olive oil
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1/2 cup refrigerated prepared horseradish
- 1/4 cup coarse ground mustard
- 1 Tbsp. fresh lemon juice
- 1/2 cup drained, chopped roasted red peppers
- 1/2 tsp. smoked paprika
- 1/4 cup chopped chives



Directions:

1. Preheat oven 350°. Spray rimmed baking pan with nonstick cooking spray. Cut crosswise slices, about 1/4- to 1/2-inch apart, into each potato, cutting only 3/4 of the way through potatoes. Rinse potatoes under cold water.
2. Place potatoes, cut side up, on prepared pan; brush cut sides of potatoes with oil and sprinkle with salt and pepper. Bake potatoes 45 minutes.
3. In small bowl, whisk horseradish, mustard and lemon juice; fold in red peppers. Evenly spread horseradish mixture over potatoes and in between slices; sprinkle with paprika. Bake 30 minutes or until potatoes are tender. Serve potatoes topped with chives.