



Pomegranate Salad

Ingredients:

- 1 large pomegranate
- 6 cups mixed salad greens (such as spinach, arugula, and/or lettuce)
- 1/2 cup crumbled feta cheese
- 1/2 cup chopped walnuts or pecans
- 1/4 cup thinly sliced red onion
- For the dressing:
 - 1/4 cup extra-virgin olive oil
 - 2 tablespoons balsamic vinegar
 - 1 tablespoon honey
 - Salt and pepper to taste

Serves up to 4 persons as a side dish.



*God said, "Behold, I have given you every herb yielding seed, which is on the surface of all the earth, and every tree, which bears fruit yielding seed. It will be your food."
(Genesis 1:29)*



Please be mindful of any food allergies or dietary restrictions when preparing, eating, or serving this recipe, as it may contain ingredients that are not suitable for everyone.

Directions:



Step 1: Prepare the Pomegranate

- Cut the pomegranate in half horizontally.
- Hold one half of the pomegranate over a bowl, cut side down, and tap the back with a spoon to release the seeds (arils). Repeat with the other half.
- Discard any white membrane or pith.
- Set aside the pomegranate seeds.

Step 2: Prepare the Salad Ingredients

- Wash and thoroughly dry the mixed salad greens. Tear or chop into bite-sized pieces if necessary.
- Crumble the feta cheese if not already crumbled.
- Chop the walnuts or pecans into smaller pieces if desired.
- Thinly slice the red onion.

Step 3: Assemble the Salad

- Combine the mixed salad greens, crumbled feta cheese, chopped nuts, sliced red onion, and half of the pomegranate seeds in a large salad bowl.

Step 4: Make the Dressing

- In a small bowl or jar, whisk together the extra-virgin olive oil, balsamic vinegar, honey, salt, and pepper until well combined. Alternatively, you can shake the ingredients together in a jar with a tight-fitting lid.

Step 5: Dress the Salad

- Drizzle the dressing over the salad ingredients in the bowl.
- Gently toss the salad until all the ingredients are evenly coated with the dressing.

Step 6: Serve

- Transfer the dressed salad to a serving platter or individual salad plates.
- Sprinkle the remaining pomegranate seeds over the top of the salad for a pop of color and extra flavor.
- Serve immediately as a refreshing and vibrant side dish or light meal.

Serving Suggestions



- **As a light luncheon dish:** Serve on a wide white platter with warm flatbread or whole-grain crackers alongside it for a simple, nourishing midday meal.
- **Paired with protein:** Add grilled chicken, baked salmon, or roasted chickpeas to turn it into a satisfying main dish while keeping the flavors balanced and fresh.
- **For gatherings or hospitality:** Present the salad in a clear glass bowl so the jewel-toned pomegranate seeds are visible—an inviting reminder that beauty often draws people in before words do.
- **Seasonal pairing:** Serve with a warm soup (lentil, vegetable, or butternut squash) to create a contrast of temperatures and textures, especially meaningful during early spring.
- **Individual portions:** Plate the salad in small bowls or on salad plates for a more intentional, reflective meal—ideal for devotion time, women’s gatherings, or small-group discussions.
- **Finishing touch:** Just before serving, drizzle a touch of extra dressing and sprinkle a few extra pomegranate arils on top to emphasize abundance and care in presentation.

Dietary Modifications



Dairy-Free / Vegan

- Omit the feta cheese or replace it with a plant-based feta alternative.
- Swap the honey in the dressing for maple syrup or agave nectar.

Nut-Free

- Omit the walnuts or pecans entirely.
- Substitute with roasted sunflower seeds or pumpkin seeds for crunch, if tolerated.

Gluten-Free

- The salad is naturally gluten-free as written.
- If serving with bread, choose a certified gluten-free option.

Low-Sugar

- Reduce or omit the honey in the dressing; the pomegranate seeds still provide natural sweetness.
- Increase the balsamic slightly for balance if needed.

Low-Sodium

- Use reduced-sodium feta or omit cheese altogether.
- Season lightly with salt, allowing the fresh ingredients to carry the flavor.

Dietary Modifications, cont'd



Heart-Healthy

- Emphasize olive oil and increase leafy greens.
- Use walnuts (if not avoiding nuts), which support healthy fats.

Keto / Low-Carb (Modified)

- Reduce the amount of pomegranate seeds and honey.
- Increase greens and fats (olive oil, feta) to better align with low-carb needs.

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Scripture quotations are taken from the Holy Bible. Unless otherwise noted, Scripture references are from the World English Bible (WEB).

May this recipe inspire deeper faith, renewed hope, and purposeful living in Christ.

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