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## Five-Step Show-off Salad

September 11, 2013



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This is a great recipe for when you're having company over and want something that looks fancy, but can't bear to do much work. The only "work" involved is prepping and cooking the pumpkin. This is especially handy during a three-day *yom tov* (when a two-day holiday goes into *Shabbat*) because all of the ingredients keep very well, especially if you're using frozen pomegranate seeds.

### Ingredients

- 3 small pumpkins
- 2-3 tablespoons olive oil
- 1 bag baby arugula
- 1 cup pomegranate seeds, fresh or frozen and defrosted
- Umeboshi plum vinegar to taste
- Olive oil to taste
- Salt and pepper to taste

### Preparation

Preheat oven to 375 degrees. Wash and dry the pumpkins. Slice off the tops off two of the pumpkins, halve each pumpkin, scoop out the seeds (save for roasting separately, if you wish) and cut into half-moons, about 8 per pumpkin. Save the last pumpkin for garnish. Toss pumpkin slices with olive oil to coat and lay on a baking sheet. Roast until tender, about 20 to 30 minutes. Cool and then slice skin off pumpkins. Create a bed of baby arugula on your serving platter. Make a little well and place a whole baby pumpkin in the middle of the salad. Layer sliced roasted pumpkin on top of the arugula. Sprinkle pomegranate seeds on top. Drizzle plum vinegar, olive oil and salt and pepper on top to taste.

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### Contributed by



**Natasha Rosenstock Nadel**  
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Natasha Nadel is a journalist and author focusing on the intersection of healthy food, family and community. She is the author of *Healthy Family, Healthy You: The Healthy Mama's Guide to feeding your family well - simply and sanely!* and *The Healthy Family Healthy You Cookbook*. You can find her free e-book, *Five Easy Weeknight Meals: Your 7 Day Family Makeover*, and healthy and creative ideas for your family on her blog.

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**Prep time:** 15 mins

**Cook time:** 20-30 mins

**Yield:** 4-6 servings

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