

# COOKING ISRAEL

[Home](#) » [Explore Israel](#) » [Cooking Israel](#)

## Star Sukkot Salad

By Natasha Nadel

Serves 8-10

### Ingredients

4 cups arugula  
1 large beet, baked and cooled, or  
1 jar or can of beets, sliced or cut  
into fun shapes  
1 Asian pear, diced or cut into fun  
shapes  
½ to 1 cup pecans  
¼ to ½ cup pomegranate seeds



### Directions

Cover bottom of your serving bowl with greens. Cut your beets and Asian pear. You can buy beets cut into matchsticks, disks or little baby balls. You can also use a fresh baked beet. I suggest cutting them into fun shapes using fruit and veggie cutters. You can make stars and hearts or fall shapes like apples and pumpkins. Top greens with the rest of the ingredients. Use salad dressing of your choice. I used a homemade lemon garlic vinaigrette.

### BeTeavon and ENJOY!



Natasha Nadel

Natasha Nadel is a journalist, mom, and the author of "The Healthy Mama's Guide to feeding your family well – simply and sanely," and "The Healthy Family, Healthy You Cookbook." You can find her with her family in Maryland and at The Healthy Family, Healthy You Cookbook.

### More recipes by Natasha:



LEMONY BEET SALAD



APPLE AND HONEY COOKIES



PERSIMMONS SALAD



MAKE YOUR HOLIDAYS SPECIAL  
WITH THESE UNIQUE DISHES

## Virtual Citizens of Israel

[CONNECT HERE](#)

Not yet a VCI? [JOIN NOW](#)



## Sign Up for Israel in Your Inbox

Email

[Join Now](#)

## DONATE

Amount (USD)

[Donate Now](#)

[Facebook](#)

[Twitter](#)

[Instagram](#)

[Blog](#)



You and 23 other friends like this



Israel Forever  
Foundation

4 hrs

"As I slept, under the cover of darkness, a Palestinian Arab terrorist was spotted entering my town from his adjacent town. Overnight, led by our volunteer rapid response security team and many soldiers, a manhunt began to find the intruder. I got wind of this all around 5:00am."

When #terror comes to your neighborhood, Jonathan Feldstein explains how his fear turned into

The Blog  
© Israel Forever