

Seven Species Salad

By Elana Heideman

From kosher.com

Ingredients:

Salad

1/2 – 1 cup pomegranate seeds

1 head of romaine lettuce

6 to 8 figs, quartered

1 and 1/2 cups seedless (or deseeded) grapes, halved or quartered

4-6 dates, sliced

1 cup croutons

1 cup goat cheese or feta cheese

Dressing

1/4 cup bee or date honey syrup (*silan*)

1/4 cup Israeli olive oil

4 tablespoons balsamic vinegar or lemon juice

Optional

1 cup bulgur, quinoa, or barley

1 cup walnuts or seeds of your choice

Directions:

Combine all salad ingredients

Mix dressing

Toss salad with dressing. Offer optional condiments on the side.