



# WINTER POPPYSEED SALAD

Makes 2 servings | Serving size: ½ salad

PREP TIME

**15 min**

COOK TIME

**0 min**

TOTAL TIME

**15 min**

*This colorful salad embraces the flavor of winter and will make a beautiful addition to your holiday table. The sweet-'n-tart poppy seed dressing is delicious served over seasonal oranges and pomegranate seeds.*

## Ingredients

### Salad

- 4 cups spinach, packed
- 1 cup red cabbage
- ⅛ red onion, sliced
- ½ cup mandarin oranges
- ¼ cup pomegranate seeds

### Dressing

- 1 tablespoon honey (agave for vegan)
- 1 tablespoon apple cider
- ⅛ teaspoon onion powder
- 1 teaspoon mustard
- ¼ teaspoon poppyseeds
- 1 tablespoon olive oil

## Directions

1. In a large bowl, toss together the ingredients for the salad.
2. In a small bowl, mix together the ingredients for the dressing.
3. Pour the dressing over the salad, then toss until combined.

