



## 7 SPECIES SALAD FOR TU B'SHEVAT

Be the first to review this recipe

Recipe by Ilyse

I found this recipe on the About.com Kosher Food website while looking for something yummy to serve for Tu B'Shevat. I gave serving sizes but really just use your best judgement and tastes as to how much of this or that you need. The original recipe didn't list measurements at all.

**READY IN:** 15mins

**SERVES:** 4-6

**UNITS:** US

### INGREDIENTS

---

- 10 ounces baby lettuce
- 1 pomegranate, seeds only
- 6 figs, quartered
- ½ cup seedless grapes, halved
- 2 dates, sliced
- ¼ cup olive oil
- ¼ cup balsamic vinegar, I like white

**honey (if you'd like the dressing to be sweeter) (optional)**

**barley wheat crouton (\*)**

| <b>NUTRITION INFO</b>          |                      |
|--------------------------------|----------------------|
| <b>Serving Size:</b> 1 (189) g |                      |
| <b>Servings Per Recipe:</b> 4  |                      |
| <b>AMT. PER SERVING</b>        | <b>% DAILY VALUE</b> |
| <b>Calories: 237.2</b>         |                      |
| Calories from Fat 125 g        | 53 %                 |
| Total Fat 14 g                 | 21 %                 |
| Saturated Fat 1.9 g            | 9 %                  |
| Cholesterol 0 mg               | 0 %                  |
| Sodium 22.5 mg                 | 0 %                  |
| Total Carbohydrate 29.7 g      | 9 %                  |
| Dietary Fiber 3.8 g            | 15 %                 |
| Sugars 24.9 g                  | 99 %                 |
| Protein 2.1 g                  | 4 %                  |

## **DIRECTIONS**

\* If you can't find the croutons you can make them by cutting barley and wheat bread into chunks and brush or toss with olive oil and bake in a low oven until crisp.

Toss all except oil, vin and honey in a bowel.

Mix together dressing ingredients. Adjust oil and vin to your taste and add honey if desired.

Toss with salad.

Serve at once.