

Fennel Salad with Ancient Grains and Pomegranate Seeds



This delightful salad is a bright and flavorful mixture of spicy arugula, sweet, thinly shaved fennel, chewy ancient grains, crunchy pomegranate seeds, with a delicious creamy cashew cheese. It's a hit with lots of textures and taste and it's visually stunning on any table.

Time: 35 Minutes

Yields: 4 Servings

INGREDIENTS:

For the Cashew Cheese:

- 1 cup raw cashews soaked overnight, rinsed, and drained
- 2 teaspoons white miso
- 3 tablespoons lemon juice
- 3/4 teaspoon salt
- 1 clove garlic minced, or 1/2 teaspoon garlic powder
- 1/4 cup water

For the Salad:

- 1/3 cup dry quinoa
- 1/3 cup dry amaranth
- 1/3 cup millet
- 1 medium bulb fennel thinly sliced (about 1 1/2 -2 cups)
- 2 cups loosely packed arugula
- 1 cup loosely packed baby spinach or kale
- 1/2 cup pomegranate arils
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 heaping tablespoon minced shallot
- 1/2 teaspoon salt
- Black pepper to taste

INSTRUCTIONS:

To prepare the cashew cheese, place the cashews, miso, lemon, salt, garlic, and water into a food processor fitted with the S blade or a high speed blender. Process for 2-3 whole minutes, stopping a few times to scrape the bowl down.

You want to process until the cashews have been whipped into a light and smooth texture, so don't be afraid to leave them in the processor for an extra minute if needed. Transfer the cheese to the fridge and allow it to chill for at least two hours.

Place the quinoa, amaranth, and millet in a fine sieve and rinse for about thirty seconds under running water. Transfer the grains to a medium pot and add 2 1/4 cups water. Bring to a boil and reduce to a simmer.

Cover the pot and simmer for 13-15 minutes, or until the grains have absorbed all of the liquid.

Fluff the grains with a fork, re-cover them, and let them cool to room temperature.

Whisk together the oil, lemon juice, shallot, salt, and pepper.

Combine the cooked grains, fennel, greens, and pomegranate arils in a large mixing bowl. Add the dressing and toss to combine.

Check for seasoning and add salt and pepper as needed. Divide the salad onto serving plates and dot each with about 2 tablespoons of cashew cheese (or, if you're not using cashew cheese, a tablespoon of shelled hemp seeds or toasted pumpkin seeds!). Serve.

Notes

Salad leftovers will keep well in an airtight container in the fridge overnight. Leftover cashew cheese will keep for 5-6 days.

With this recipe you will have leftover Cashew Cheese, that will keep for 5-6 days refrigerated, but why not pair it with a hearty cracker and top it with some sliced figs or grapes.