

Persimmon Winter Salad



Try my new favorite salad! This simple recipe is perfect as a side dish, combining flavorful ingredients to create a succulent and colorful dish.

Preparation 15 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 240

Fat 9

Carbohydrates 35

Fibre 7

Protein 5

Sodium 220

Ingredients

Salad

- 1 L (4 cups) lettuce, coarsely chopped
- 4 pickled or cooked beets, sliced
- 2 persimmons, thinly sliced
- 1 large roasted red pepper, thinly sliced

- 80 ml (? cup) feta cheese (or hummus), crumbled, optional
- 60 ml (¼ cup) dried cranberries
- 60 ml (¼ cup) pecans, coarsely chopped

Dressing

- Juice of ½ lime (15 ml or 1 tbsp)
- 15 ml (1 tbsp) light mayonnaise
- 7.5 ml (½ tbsp) whole-grain mustard
- 7.5 ml (½ tbsp) maple syrup (or honey)
- Salt and pepper, to taste

Preparation

1. In a large bowl, combine all the salad ingredients.
2. In a small bowl, whisk together all the dressing ingredients.
3. Just before serving, toss the salad with the dressing to coat evenly.

Notes

Keeps for up to 3 days in an airtight container, storing the dressing separately.

Persimmon, Japan's national fruit, is a great source of vitamin A, vitamin C, and fiber!



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