

[RECIPES](#) > [CELEBRATE FALL](#)

Harvest Salad with Pickled Pomegranate Seeds

This easy-to-make topper is what takes a good green salad and makes it amazing.

BY [LYDA JONES BURNETTE](#) PUBLISHED: SEP 19, 2024

Yields:

6 - 8 serving(s)

Prep Time:

30 mins

Total Time:

1 hr

Ingredients

1 Delicata squash (about 1 ¼ pounds), halved, seeded, and sliced ¼-inch-thick

5 Tbsp. olive oil, divided

Kosher salt and freshly ground black pepper

2 tsp. sugar

7 Tbsp. apple cider vinegar, divided

1/2 cup pomegranate seeds

1 Tbsp. country-style mustard

1 Tbsp. apple cider syrup or pure honey

5 oz. hearty greens (such as chard, kale, and spinach), torn into bite-size pieces

1 apple, sliced

1 (4-ounce) log goat cheese, crumbled

Directions

Step 1

Preheat oven to 450°F. Toss together squash and 1 tablespoon oil on a small rimmed baking sheet. Season with salt and pepper. Roast until bottoms are crisp and golden brown, 15 to 20 minutes.

Step 2

Combine 2 teaspoons sugar, 4 tablespoons vinegar, 1/4 teaspoon salt, and 2 tablespoons water in a small saucepan. Bring to a boil; remove from heat and stir in pomegranate seeds. Cool to room temperature.

Step 3

Whisk together mustard, apple cider syrup, remaining 4 tablespoons oil, and remaining 3 tablespoons vinegar. Season with salt and pepper. Add greens, apple, roasted squash, and pickled pomegranate seeds and toss to combine. Serve topped with goat cheese.