

mediterranean pomegranate crab bowl

Makes 1 serving

RECIPE ADAPTED FROM: [Cameron's Seafood](#)

PREP TIME: 15 minutes

Pomegranate Vinaigrette

- ¼ cup pomegranate juice*
- 3 Tbsp olive oil or avocado oil
- 1 clove garlic, peeled and minced
- 1 Tbsp Dijon mustard

Crab Bowl

- 1½ cups baby spinach
- 3-4 ounces jumbo lump crab meat
- ½ cup quinoa or cauliflower rice, cooked
- 4-5 olives
- ¼ cup sun-dried tomatoes
- 4-5 cucumber slices
- 1-2 Tbsp feta cheese crumbles, optional

Garnish

- pomegranate seeds
- fresh mint and/or basil, chopped (optional)



PLACE pomegranate vinaigrette ingredients in a sealable jar or bottle and shake until blended. This will make about 4 servings, so store the rest in the fridge until ready to use.

PLACE baby spinach in a bowl.

TOP with crab meat, quinoa or cauliflower rice, olives, tomatoes, cucumbers, and feta cheese.

DRIZZLE with pomegranate vinaigrette.

GARNISH with pomegranate seeds and, if desired, fresh mint and/or basil.

*Homemade pomegranate juice is really quick and easy to do. 1 cup of pomegranate seeds yield approximately ¼ cup of juice. To make homemade pomegranate juice:

1. Place pomegranate seeds in a blender.
2. Pulse seeds a few times to break them apart and release their juice. Don't blend for too long or they will create cloudy juice.
3. Use a mesh strainer to strain the liquid into a container. Use the back of a spoon to push against the pomegranate seed pulp to extract as much juice as possible.