

**Being Well Class**  
**December 2019: A Shift in Mindset**

Love your body, love to yourself & begin the transformation!

**Pomegranate Cheese Ball**

**Ingredients:**

8 oz. goat cheese or 8 oz. Neufchâtel cream cheese  
1/4 cup each: fresh chopped parsley & chives  
2 tsp. Each: fresh thyme, & chopped rosemary  
1 small garlic clove  
Salt & pepper to taste  
1 cup fresh pomegranate seeds

**Directions:**

Combine all ingredients. And form into a 4-inch ball and roll in fresh pomegranate seeds, add more seeds to fully coat.  
Refrigerate until firm, about 30 minutes.  
Serve with crackers.

## Roasted Rutabaga, Apple & squash salad with feta

### Ingredients:

For the salad:

¾# peeled butternut squash, cut into ¾ " dice

½# peeled rutabaga, cut into ¾ inch dice

½# red apples, cut into 3/4-inch wedges

2 Tbsp. Olive oil

Kosher salt

4 lightly packed cups mixed sturdy greens (such as purple mustard & arugula)

½ cup feta cheese

¼ cup toasted pine nuts

3 Tbsp. Golden raisins

### For the vinaigrette:

¼ cup olive oil

1/3 cup thinly sliced shallots

Kosher salt

½ to 1 ½ tsp. Chopped fresh ginger

2 Tbsp. White balsamic vinegar

1 Tbsp. Honey

1 Tbsp. Finely grated lime zest

1-2 tsp. Finely chopped fresh flat-leaf parsley

1 tsp. Dijon mustard

Freshly ground black pepper

### Directions:

Roast the vegetables:

Heat oven to 450 degrees.

In a large bowl, combine the squash, rutabaga & apples with the oil, & 1/2 tsp salt. Toss well & transfer to a large rimmed baking sheet. Spread into a single layer,

Roast, flipping with a spatula halfway through & rotating the baking sheet, until browned & tender, 20-25 minutes. Let cool a few minutes; transfer to a large bowl.

**Vinaigrette:**

Heat oil in a small skillet over medium heat. Add the shallots and a pinch of salt & cook, until softened & lightly browned., 2 to 4 minutes.

Add the ginger and cook stirring until fragrant & softened, about 15 seconds, Remove from heat, let cool for a few minutes.

Whisk together vinegar, honey, lime juice, zest, parsley, mustard, ¼ tsp. Salt & fresh ground pepper. Whisk the warm oil into the vinegar mixture until emulsified.

Season to taste, adding more lime juice & pepper as needed.

**Assemble the salad:**

Lightly season the greens with 2 Tbsp. Of the warm vinaigrette. Toss, taste & add a little more dressing.

To serve, arrange greens on a platter.

Season the roasted vegetables & dress them lightly with 2 Tbsp. of the remaining vinaigrette. Scatter vegetables over the greens, then top with feta, pine nuts & raisins. Serve right away, passing the remaining dressing at the table.

This salad gives hearty vegetables a kiss of the warm Mediterranean with a topping of feta, pine nuts & raisins.

Serves 2 as a main course & 4 as a side course.