

Orange and Pomegranate Salad

(serves 8)

This is such a simple salad with lots of flavors and textures.



Ingredients

1 medium orange
1/4 cup pomegranate arils
5-oz container spring greens, or other lettuce

Directions

1. Wash hands.
2. Wash orange. Peel and divide into segments. If desired, cut segments in half.
3. To a large plate or bowl, add lettuce. Top with orange slices and pomegranate arils.
4. Serve with desired dressing.

Nutrition Facts per serving (without dressing): 15 calories, 0g fat, 15mg sodium, 4g carbohydrate, 1g fiber, 1g protein

Recipe by Caitlin Mellendorf, MS, RD, Nutrition & Wellness Educator, 2019

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