

Winter Salad with Pomegranate



For Salad:

6 cups (5 oz.) fresh spinach
1/2 cup fresh pomegranate seeds
3 Tablespoons crumbed feta cheese
1 Tablespoon chopped pistachios

For Vinaigrette:

2 Tablespoons red wine vinegar
1 Tablespoon fresh lemon juice
1/4 cup olive oil
1 teaspoon honey
1/4 teaspoon salt
1/4 teaspoon black pepper

Instructions: Whisk together ingredients for the vinaigrette and set it to the side. Top greens with pomegranate seeds, feta cheese, and pistachios. Drizzle with vinaigrette and serve immediately.

Yield: 6 servings (1 cup each)

Nutrition Facts (per serving): 120 calories, 11 grams fat, 140 milligrams sodium, 6 grams carbohydrate, 1 gram fiber, 2 grams protein