

Spinach Pomegranate Salad

Scan for interactive recipe



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4

Prep: 10 minutes

INGREDIENTS

- 1 (10 ounce) bag baby spinach leaves, rinsed and drained
- 1/4 onion, sliced thinly
- 1/2 cup crumbled feta
- 1 pomegranate, deseeded
- 1/2 cup walnut or pecan pieces
- 4 tablespoons homemade or store bought balsamic vinaigrette

DIRECTIONS

1. Place spinach in a salad bowl. Top with onion, feta and walnuts or pecans.
2. Sprinkle pomegranate seeds over the top. Drizzle with vinaigrette.

Notes:

To make a homemade vinaigrette combine the following in a small bowl or jar:

- 1/4 cup olive oil
- 2 tablespoons of balsamic vinegar
- 1/2 teaspoon honey
- 1/2 teaspoon mustard
- Salt and pepper to taste



Nutrition Information

Serving Size: 1/4 of recipe

Calories	250
Total fat	20 g
Saturated fat	4 g
Cholesterol	17 mg
Sodium	386 mg
Carbohydrates	13 g
Fiber	3 g
Sugars	8 g
Protein	9 g

Recipe source: All Recipes