

Recipe

Pomegranate and Mixed Greens Salad

By

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Ingredients

1 cup pomegranate seeds
1 avocado, sliced
½ cup cash nuts
3 cups mixed greens (baby spinach, arugula, green leaf/red leaf lettuce, romaine, etc.)
½ cup shredded carrots
½ cup extra virgin oil
¼ cup balsamic vinegar
½ -1 tsp salt
½ tsp pepper

Preparation

Wash and dry all the greens. Slice avocado and carrots. Toast nuts in the pan for a few minutes. Mix all the ingredients in a medium ball. Meanwhile, mix oil, vinegar, salt, and pepper. Mix the dressing with salad just before serving.

Serves

4

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