



Pom Salad

Serves 8

12 cups Mixed Greens

1/4 cup sunflower seeds

1 pomegranate, seeded

4 pears, chopped

1/2 cup pomegranate dressing – see recipe below

In a large bowl, combine greens, sunflower seeds, pomegranate seeds and pears. Divide among eight serving plates. Drizzle evenly with vinaigrette. Serve chilled.

Dressing

Makes 1/2 cup

1/8 cup pomegranate juice

1/8 cup fresh lemon juice

1/8 cup sugar

1/4 cup canola oil

1/2 tsp. salt

1/2 tsp. ground black pepper

In a small bowl combine all ingredients.

Per serving: 200 calories, 10 g fat, 3 g protein, 28 g carbohydrate, 7 g fiber, 200 mg sodium