

# Spinach Pomegranate Salad



NUTRITION CONSULTING INC.

*It's your health. Take a stand.*

**Makes 6 Servings**

## What You Need

*This colorful salad is loaded with phytochemicals for heart health, eye health, and cancer prevention.*

6 cups or more washed fresh spinach leaves  
Seeds from one pomegranate  
1 tbsp. Toasted pine nuts

Dressing:  
2 tbsp. olive oil  
2 tbsp. red wine vinegar  
1 tsp. maple syrup  
1/2 tsp. dry mustard or Dijon mustard  
1/2 tsp. oregano leaves  
Salt and pepper to taste

## Per Serving

Calories 85  
Carbohydrates 8 g  
Protein 2 g  
Fat 6 g  
Dietary Fiber 2 g

## How You Prepare

1. In a small bowl/jar combine dressing ingredients and mix.
2. In a large bowl place the spinach, pomegranate seeds, and pine nuts.
3. Drizzle with dressing, toss salad, and serve immediately.