

Greens with Pomegranate

From the Centers of Disease Control (CDC) Fruit and Veggies: More Matters Campaign

<http://www.fruitsandveggiesmorematters.org/recipe?iRID=786>

Ingredients

- 3 Tbs. balsamic vinegar
- 3 Tbs. water
- 3 Tbs. honey mustard
- 1 clove garlic, minced
- Black pepper, freshly ground to taste
- 6 cups (1 head) Boston lettuce leaves, torn
- 1 cup pink grapefruit sections (about 1 grapefruit)
- 2 medium Red Delicious apples, cored and thinly sliced
- 1 small red onion, thinly sliced
- 1 pomegranate, seeds removed (about ¾ cup)
- 3 Tbs. feta cheese, crumbled

Instructions

1. In small bowl, whisk together vinegar, water, mustard, and garlic to make vinaigrette. Season with pepper if desired.
2. In large salad bowl, toss remaining ingredients.
3. Drizzle vinaigrette on top and toss gently until evenly coated.

Makes 4 servings (1/2 cup each)

Nutrition information per serving:

Calories	146
Carbohydrate	31 g
Dietary Fiber	4 g
Protein	4 g
Total Fat	2.6 g
Saturated Fat	1.2 g
Sodium	152 mg

