

Pear Pomegranate Salad with Maple Ginger Vinaigrette

Salad Ingredients

Pears	2 Thinly sliced
Pomegranate Seeds	3/4 Cup
Chopped Walnuts	2 Tbsp
Spinach Leaves	4 Cups
Shredded Carrots	1/2 Cup
Feta Cheese	2 Tbsp
Sunflower Seeds	1 Tbsp

Dressing Ingredients

Balsamic Vinegar	1/2 Cup
Olive Oil	1/2 Cup
Minced Garlic	4 Cloves
Maple Syrup	3 Tbsp
Chopped Ginger	1 tsp
Fresh squeezed orange juice	1/2 of orange

Instructions

1. Combine spinach, pomegranate seeds, and pears into a large bowl.
2. Top with walnuts, carrots, feta cheese, and sunflower seeds.
3. Add 2 Tablespoons of dressing, toss and enjoy!

Kitchen Classroom

Here are some tips for making your salad experience more enjoyable!

- Homemade dressing is super easy and delicious. Works great for a marinade, also.
- Tossing salad and dressing together before serving, cuts down on the amt. of dressing used - which reduces calories/fat.
- Use a shaker bottle with measurements right on the bottle. This allows for easy storage and clean up and saves on time!



Nutrition Information per serving

Serving Size: makes 2-4 servings*

Calories: 200

Fat: 10 gm

Sodium: 95 mg

Fiber: 6 gm

Carbohydrates: 31 gm

Protein: 3 gm

*Info based on 4 smaller servings

