

Preventing Women's Heart Disease Through Education



CAROL For Heart

Mixed Greens with Walnut, Feta and Pomegranate Vinaigrette

Servings: 4

- 2 tablespoons pomegranate juice
- 1 tablespoon rice vinegar
- 1 teaspoon Dijon mustard
- 2 tablespoons extra virgin olive oil
- 6 cups mixed greens
- 1/2 cup tomatoes, diced
- 1/2 small red onion, sliced
- 1/4 cup walnuts, coarsely chopped
- 1/4 cup feta cheese, crumbled
- 1/4 cup pomegranate seeds
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper

Add pomegranate juice, rice vinegar and Dijon mustard to a medium-sized mixing bowl. Slowly whisk in olive oil. Season with salt and pepper.

Add greens, tomatoes, red onion, walnuts, feta cheese and pomegranate seeds to a large mixing bowl.

Toss with vinaigrette until leaves are well coated; season salad with salt and pepper. Serve immediately.

Per Serving (excluding unknown items): 184 Calories; 14g Fat (65.8% calories from fat); 6g Protein; 10g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 381mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

For more information, visit us at: www.CarolForHeart.org