

Winter Salad with Champagne Vinaigrette and Pomegranate

Serving Size: 1 Cup | Makes 6 Servings

Ingredients:

Salad

- 6 cups (about 5 oz) winter greens of choice (such as spinach, arugula, and chopped romaine)
- ½ cup fresh pomegranate seeds
- 2 Tbsp crumbled blue cheese
- 1 Tbsp chopped pistachios

Vinaigrette

- 2 Tbsp champagne vinegar (or white wine vinegar)
- 1 Tbsp fresh lemon juice
- ¼ cup olive oil
- 2 tsp fresh chives, minced
- 1 tsp honey
- ¼ tsp sea salt
- ¼ tsp freshly ground black pepper

Directions:

1. In a small bowl, whisk together the vinaigrette ingredients and set aside.
2. For the salad, divide the greens among 6 serving plates. Sprinkle the greens with the pomegranate seeds, blue cheese, and pistachios. Drizzle with the vinaigrette.

Nutrition Facts:

- Calories: 120
- Total Fat: 11 g
- Saturated Fat: 1.5 g
- Cholesterol: 0 mg
- Sodium: 140 mg
- Potassium: 150 mg
- Total Carbohydrates: 6 g
- Fiber: 1 g
- Sugars: 3 g
- Protein: 2 g