

# Spinach Salad with Pomegranate and Avocado

## Ingredients:

- 1 pomegranate
- 1/4 cup lemon juice
- 2 bunches spinach, washed and dried
- 2 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 2 tablespoons sunflower seeds, roasted and hulled
- 1 avocado

## Directions:

1. Halve pomegranate lengthwise and seed. In a bowl of cold water, use your hands to separate seeds from the membrane. Scoop pomegranate seeds out of bowl and pat dry.
2. In a large bowl, whisk together 3 tablespoons lemon juice, mustard, oil, and season with salt and pepper. Toss spinach, sunflower seeds, and pomegranate seeds with dressing in bowl. Transfer to a serving platter if desired.
3. Halve avocado and remove pit. Scoop out flesh and thinly slice lengthwise; drizzle with remaining lemon juice. Place on top of salad and serve immediately.

Nutrition Facts	
Serving Size (73g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 2%	• Vitamin C 15%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Source: Martha Stewart recipes

