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

Nutrition Facts
Serving Size (73g)
Servings Per Container 6

Amount Per Serving

Calories 120	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 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

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.

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Source: Martha Stewart recipes