

SMILE

If it's true that we are here to help others, then what exactly are the OTHERS here for?

*Very Good!*

## POMEGRANATE AND FETA SALAD

**1 head romaine lettuce, washed and torn**

**1 bunch spinach, stems removed, washed and torn**

**seeds of 1 pomegranate**

**1/4 cup (60 mL)**

**toasted pine nuts**

**1/2 cup (125 mL)**

**crumbled feta cheese**

**Dressing:**

**1/3 cup (75 mL) olive oil**

**1 Tbsp. (15 mL)**

**red wine vinegar**

**2 Tbsp. (30 mL) maple syrup**

**1 tsp. (5 mL) Dijon mustard**

**1/2 tsp. (2 mL) oregano**

**salt and freshly ground pepper**

Toss lettuce and spinach together in large salad bowl.

Add pomegranate seeds, pine nuts and feta.

Whisk dressing ingredients together and store in refrigerator. Toss with salad ingredients just before serving.

*The pomegranate seeds add sparkle to this salad!*  
Serves 6.