

# Pomegranate and Feta Salad

## Ingredients:

Head of romaine lettuce – washed and torn  
Bunch of baby spinach – stems removed, washed and torn  
Seeds of one pomegranate  
¼ cup of toasted pine nuts  
½ cup of feta crumbled

## Dressing:

1/3 cup olive oil  
1 Tblsp red wine vinegar  
2 Tblsp maple syrup  
1 tsp Dijon mustard  
½ tsp oregano  
Salt and pepper

## Directions:

Toss lettuce together in salad bowl  
Add pomegranate, pine nuts and feta  
Whisk dressing together – wait to add to salad just before serving.

## Tips & Twists

Switch up the pomegranate seeds for dried cranberries, blueberries, cherries  
Maybe a flavoured balsamic vinegar? Enjoy!