

Pomegranate Power Greens Salad

Makes 2 servings

Ingredients

- 1 medium sweet potato, peeled and sliced
- 1 large carrot, peeled and sliced into coins
- 2 small zucchini squash, stems removed and sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon freshly ground black pepper
- 1 cup fresh kale
- 1 cup fresh spinach
- 1 cup pomegranate arils

Directions

1. Preheat oven to 400 F.
2. In a large mixing bowl, combine sweet potato, carrot and zucchini squash slices. Add olive oil and black pepper. Mix well.
3. On a lined baking sheet, spread out vegetable mixture. Bake for 5 minutes. Remove from oven and stir. Return to oven to bake 5 more minutes. Remove from oven.
4. Place kale and spinach in a large mixing bowl. Add vegetable mixture and toss. Sprinkle with pomegranate arils and toss once more.
5. Serve immediately.



SIDE DISH



TIP

Try this no-mess method for de-seeding pomegranates! Cut off and throw away the very top. Then make 4 to 6 vertical slices in the outer layer (not through the entire fruit). Place the pomegranate in a bowl of cold water. Break it apart with your hands under water, separating the seeds (arils) and letting them sink to the bottom. Throw away anything that floats. The seeds should be the only thing left in the bowl. Drain and pat dry.

♥ = heart smart 🧂 = low sodium 🚫 = gluten free

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Nutrition Facts

Serving Size 2 cups (359g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 41g **14%**

Dietary Fiber 9g 36%

Sugars 19g

Protein 6g

Vitamin A 320% • **Vitamin C 130%**

Calcium 10% • **Iron 10%**

*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	37%g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 3