

## Pomegranate and Feta Salad

### Ingredients

1 head romaine lettuce  
1 bunch spinach  
1/2 cup feta cheese  
1 pomegranate  
1/4 cup pine nuts

### Dressing

1/3 cup olive oil  
1 tbsp red wine vinegar  
2 tbsp maple syrup  
1 tsp dijon mustard  
1/2 tsp oregano  
salt and freshly cracked black pepper



### Directions

Mix all dressing ingredients together in dressing container or glass jar. Shake vigorously to blend.

Thoroughly wash lettuce and spinach and spin to dry, tear then add to your salad bowl. I like to arrange these on a large platter.

Drain then crumble feta cheese over the salad leaves.

Cut the pomegranate in half horizontally. Put on an apron and get a small bowl ready. Using the backside of a wooden spoon, whack the pomegranate half vigorously. The seeds will fall into the bowl. Sprinkle them over your salad.

Preheat the oven to broil. Put pine nuts on a metal baking dish and set under broiler to brown. Watch these carefully as they can burn quickly. Allow them to cool then scatter over the salad.

Add salad dressing just before serving.

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