

SPINACH, PINK GRAPEFRUIT POMEGRANATE SALAD

Pomegranates and Grapefruit are in season in the winter and beautifully replace summer berries to give salads a pop of color and a burst of flavor! Both are so yummy in January, not to mention that they tend to be less expensive than at other times of the year.

Serves ?

INGREDIENTS

- 3 cups O Organics® Baby Spinach (make sure your spinach is very dry or you'll have a soggy salad), loosely packed, coarsely chopped
- 1/4 large (about 2 ounces) pink grapefruit, peeled and sectioned
- 1/4 medium or 1/2 small avocado, cut into small cubes
- 3/4 ounce (about 3 tablespoons, not packed) crumbled light goat cheese or goat cheese, divided
- 2 tablespoons pomegranate arils (seeds), divided
- 1 to 1 1/2 tablespoons store-bought, light champagne vinaigrette or light balsamic vinaigrette, to taste
- 4 ounces grilled chicken, shrimp or salmon



PREPARATION

- 1.** To a medium mixing bowl, add the spinach 1/2 of the grapefruit, the avocado, half of the cheese and half of the pomegranate arils. Spoon the dressing over top and toss the salad.
- 2.** Mound the salad mixture on a plate. Arrange the grapefruit sections evenly around the edges of the salad. Sprinkle the remaining cheese and pomegranate arils over the top. Arrange the sliced chicken, shrimp or salmon over top.
- 3.** Enjoy immediately.