



Spinach Poppy Seed Salad

4 cups romaine lettuce, washed and chopped
4 cups spinach leaves, washed and chopped
4 cups green leaf lettuce, washed and chopped
1 cup mandarin oranges, packed in juice, drained
1/2 cup pomegranate seeds
1/2 cup red onion, chopped
2 ounces pecans, chopped

Mix greens together. Top with oranges, pomegranate seeds, onion and pecans. Pour dressing over entire salad just before serving. Makes 6 servings.

Nutrition information per serving: 105 calories, 4 grams protein, 7 grams fat, 16 grams carbohydrate, 9 mg sodium.