

Sweet and Savory Pomagranate Salad

PREPARATION TIME: 10-15 MINUTES

COOK TIME: OPTIONAL CHICKEN 15 MINUTES

SERVINGS: 4-6 SERVINGS

INGREDIENTS:

- 4 cups fresh greens (such as arugula or spinach)
- 1 pomegranate, seeds removed
- 1 cucumber, sliced
- 1/2 cup feta cheese, crumbled
- 1 lb grilled chicken breast or steak (optional)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice (or vinegar)
- 1 teaspoon honey
- Salt and pepper to taste
- Optional: 1 teaspoon dijon mustard

DIRECTIONS:

1. In a large salad bowl, combine the greens, pomegranate seeds, cucumber slices, and crumbled feta cheese.
2. If using grilled chicken, slice the chicken into strips and add to the salad.
3. In a small bowl, whisk together the olive oil, lemon juice, honey, salt, and pepper to make the dressing.
4. Drizzle the dressing over the salad and toss gently to combine.
5. Serve immediately as a light lunch or side dish.

