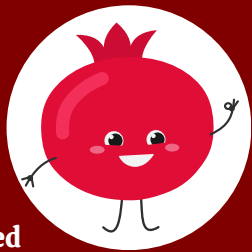


# Wauwatosa Harvest of the Month

## - February -

### Pomegranate



### Spinach Pomegranate Salad

- 1 (10 ounce) bag baby spinach leaves, rinsed and drained
- ½ cup walnut pieces
- ½ cup crumbled feta
- ¼ medium red onion, sliced very thin
- ¼ cup alfalfa sprouts (Optional)
- ½ cup pomegranate seeds, or to taste
- 4 tablespoons balsamic vinaigrette

### Directions

1. Gather all ingredients.
2. Place spinach into a salad bowl. Top with walnuts, feta, red onion, alfalfa sprouts, and pomegranate seeds.
3. Drizzle with vinaigrette. Enjoy!



**Wauwatosa**  
HEALTH DEPARTMENT

For more information call  
414-479-8936 or visit  
[www.wauwatosa.net/harvest](http://www.wauwatosa.net/harvest)