



## Winter Pomegranate & Mango Salad

**Prep: 15 minutes**

**Cook: 4 minutes • Serves: 4**

- ¼ cup chopped pecans
- 1 mango, peeled, pitted and thinly sliced
- 3 cups packed baby greens such as baby arugula, baby kale and/or baby spinach
- ¼ cup lite honey mustard dressing
- ½ cup pomegranate arils
- ¼ cup crumbled goat cheese

**1.** In large skillet, toast pecans over medium heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.

**2.** In large bowl, toss mango, baby greens and dressing. Makes about 4 cups.

**3.** Serve salad sprinkled with pomegranate arils, cheese and pecans.

*Approximate nutritional values per serving (1 cup salad, 2 tablespoons pomegranate arils, 1 tablespoon goat cheese, 1 tablespoon pecans):  
178 Calories, 9g Fat (2g Saturated), 9mg Cholesterol,  
193mg Sodium, 22g Carbohydrates, 4g Fiber, 17g Sugars, 4g Protein*