



POMEGRANATE-FARRO BREAKFAST SALAD WITH HONEY RICOTTA

3 TABLESPOONS PART-SKIM RICOTTA CHEESE

½ TEASPOON GRATED LEMON OR TANGERINE RIND

½ TEASPOON HONEY

1 TEASPOON MEYER LEMON OLIVE OIL

1 TEASPOON FRESH LEMON OR TANGERINE JUICE

1/8 TEASPOON KOSHER SALT

2 CUPS OF FRESH BABY SPINACH

1/3 CUP COOKED WHOLE-GRAIN FARRO

1/3 CUP POMEGRANATE ARILS

1 TABLESPOON COARSELY CHOPPED ROASTED ALMONDS

COMBINE FIRST 3 INGREDIENTS IN A SMALL BOWL.

COMBINE OIL, JUICE, AND SALT IN A MEDIUM BOWL. ADD GREENS AND FARRO; TOSS TO COAT. ARRANGE GREENS MIXTURE IN A SHALLOW BOWL; TOP WITH POMEGRANATE, ALMONDS, AND RICOTTA MIXTURE.