

Pomegranates

Key Points

- For the best buy, choose pomegranates that are heavy with a smooth outer shell.
- To prepare pomegranates, rinse, and cut into quarters. Separate seeds from the white parts and skin. Discard everything else but the seeds.
- To keep fresh, refrigerate seeds up to 1 week.
- Pomegranates contain vitamin C which is good for fighting colds and healing cuts.



Pomegranate Spinach Salad

Ingredients:

1 bag (10 ounces) spinach leaves, rinsed
1/4 cup chopped red onion
1/4 cup sliced almonds
2 cups sliced apples
1 cup pomegranate seeds
1/4 cup balsamic vinaigrette

Directions:

1. Place spinach in a large bowl.
2. Top with red onion, almonds, apples, and pomegranate seeds.
3. Add dressing to salad and toss to mix.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 4 servings.

Adapted from www.allrecipes.com

Pomegranate Relish

Ingredients:

1 cup pomegranate seeds
1 tablespoon orange zest
1 tablespoon orange juice
1/2 tablespoon grated ginger
1 tablespoon maple syrup
1/4 teaspoon salt

Directions:

1. In a medium bowl, mix all ingredients together.
2. Serve and enjoy!
3. Refrigerate leftovers.

Makes 2 servings.

Quick Tips

- Add pomegranate seeds to oatmeal or yogurt.
- Sprinkle seeds over your favorite dessert.
- Try pomegranate seeds in a tossed salad.
- Remember to rinse all fruits and vegetables before using.



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