



TRY THIS: POMEGRANATE

Did you know: breaking into a pomegranate will reward you with hundreds of tiny seeds (called arils) surrounded by a translucent pith. The arils are sweet and juice-packed with a white crunchy seed inside. Most people eat the whole aril, including the fiber-rich seed, but you can also spit the seed out. Pomegranates are an excellent source of fiber, vitamin C and K, also packing in a good source of potassium, folate, and copper. Give them a try- they are easy to use and their taste won't disappoint.

How to:

Pick it: Choose pomegranates that are plump, round, heavy for their size, and have a glossy, deep red skin.

Store it: Store it in a cool dry cupboard to stay fresh for several weeks or in your fridge for up to 2 months

Use it: To free the tiny seeds and avoid spraying yourself with the seed's juice place a halved or quartered pomegranate in a bowl of water. Once in the water, simply use your fingers to loosen the red seeds. The seeds will sink, the white pith floats. Enjoy the seeds by popping a few in your mouth, topping onto salads or yogurt, or trying one of the recipes below!

When it's in season: August to January



POMEGRANATE CHICKEN SALAD

Servings: 6

Ingredients:

- 1 c. canned pineapple tidbits, drained, juice reserved
- 3 c. cooked chicken, diced
- ½ c. diced celery
- 1 c. diced red apple
- 1 c. diced red grapes
- ½ c. pomegranate seeds
- ½ c. chopped walnuts
- ½ c. light mayonnaise
- ½ c. light yogurt, plain or fruit flavor of your choice

Directions:

1. Toss the pineapple in a large bowl with the chicken, celery, apple, grapes, pomegranate seeds and walnuts.
2. In a separate bowl, combine mayonnaise, yogurt and 1/4 cup reserved pineapple juice.
3. Toss dressing with chicken mixture in larger bowl. Serve on a bed of Romaine lettuce, in a wrap or pita pocket. Refrigerate any leftovers.

Recipe adapted from www.hy-vee.com

POMEGRANATE SALSA

Servings: about 10

Ingredients:

- 1 ¾ c. pomegranate seeds (from 2 pomegranates)
- 1/3 c. 100% pomegranate juice
- Juice of 1 lime
- ¼ c. red onion, minced
- 1 ripe Bartlett pear, cored and diced
- ½ tbsp. sugar

Directions:

1. Add pomegranate juice and lime juice to pomegranate seeds; gently stir to coat evenly.
2. Add minced red onion, cilantro and diced pear; stir to combine.
3. Sprinkle sugar over seed mixture and stir to combine.
4. Serve with tortilla chips or use as a garnish for baked fish or chicken.

Recipe adapted from www.hy-vee.com