



The Pomegranate!

~The Jewel of Autumn for over 4000 years~

These juicy fruits are packed with nutrients and can be tossed into almost anything!

How many ways can you find to add pomegranates into your diet?

Pomegranate Guacamole

½ large onion, grated
2 garlic cloves, chopped
1 fresh Serrano chili pepper, seeded
2 tablespoons fresh cilantro
1 freshly squeezed lime
½ teaspoon salt

2 large ripe avocados
1 tablespoon pomegranate
juice
Arils (seeds) from one
fresh pomegranate

Pomegranates
have more
cancer-
fighting
antioxidants
than
blueberries!

Finely chop the onion, garlic, Serrano pepper, and cilantro leaves. Place in bowl and add lime juice and salt, set aside. Peel and pit the avocados and place in a bowl. Mash with fork while slowly adding the tablespoon of pomegranate juice. Add onion and garlic mixture and fold together to make a course pulp. Gently fold in pomegranate arils. Serve with warm tortillas, tostadas, or corn chips.

Yield: 6 servings

Pear and Pomegranate Salad

3 cups green leaf lettuce, rinsed and torn
1 Bartlett or Anjou pear
⅓ cup pomegranate seeds

1 tablespoon vegetable oil
2 tablespoons pomegranate juice
1 tablespoon lemon juice
1 teaspoon prepared Dijon-style mustard
½ tablespoon honey
Ground black pepper to taste

Divide the lettuce between two bowls. Halve and core the pear, then cut each half in slices. Divide the pear slices and pomegranate seeds among the two bowls and mix gently.

Combine the vegetable oil, pomegranate juice, lemon juice, mustard, honey, and pepper in a saucepan. Bring to a boil over high heat; reduce heat and simmer, stirring frequently, until the dressing thickens slightly, about 2 minutes. Pour the warm dressing over the salads and serve.

Yield: 2 servings

Dixie Pomegranate Salsa

1 pomegranate, seeded
2 oranges, peeled and cut into small pieces
1 bunch cilantro
1 jalapeño pepper, chopped

1 tomato, diced
½ teaspoon ground cumin
1 - 2 tablespoons lime juice



Mix all ingredients together and serve.

Yield: 4 servings

Pomegranates can be peeled under ice water to effortlessly release the arils and cut down on the mess. Cut off the crown, score the sides of the fruit then separate the segments under water. All of the peel and membrane will float to the top leaving only the juicy arils on the bottom. Drain off the water and enjoy!

Pomegranate and Banana Smoothie

1 pomegranate, seeded
1 banana

1 cup low-fat vanilla yogurt
5-8 ice cubes

Combine all ingredients in a blender. Cover and blend on high speed until smooth.

Yield: 2 servings.

Barley & Wild Rice Pilaf with Pomegranate

2 teaspoons extra-virgin olive oil
1 medium onion, finely chopped
½ cup wild rice, rinsed
½ cup pearl barley

3 cups reduced-sodium vegetable broth
1 pomegranate, seeded
2 teaspoons freshly grated lemon zest
2 teaspoons chopped fresh parsley

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened. Add wild rice and barley; stir for a few seconds. Add broth and bring to a simmer. Reduce heat to low, cover and simmer until the wild rice and barley are tender and most of the liquid has been absorbed, 45 to 50 minutes. Add pomegranate seeds, lemon zest, and parsley; fluff with a fork. Serve hot.

Yield: 6 – ¾ cup servings.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. This institution is an equal opportunity provider and employer.