



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Sweeten the Holidays in a "Super" Way!

If you've never tried pomegranates, now is the time. Get them while they are in-season from September to January. They're a delicious superfood, which is easy to add to your diet that will offer many health-protective benefits.

Whether you buy a whole pomegranate and de-seed it yourself, or just the prepared seeds (arils) or 100% juice, all forms offer these benefits.

- Pomegranates are high in fiber and a good source of vitamin C.
- Pomegranates have no sodium, and as part of a low sodium diet, may reduce the risk of high blood pressure.

SELECTION - Choose pomegranates that are plump, round and heavy for their size.

STORAGE - Whole pomegranates can be stored in a cool dry area for about 1 month or up to 2 months in the refrigerator.

SERVE - You can eat the seeds (arils) or purchase 100% prepared juice. If you buy whole and de-seed, check out this video for one method to remove them with less mess: inseasonzine.com/home/deseeding-a-pomegranate/.



This fruit salsa makes a festive, sweet snack or dessert during the holidays. It's a great recipe to add into your healthy new year also!

Holiday Pomegranate Salsa

Ingredients:

- 2 gala apples, roughly diced
- 1 cup pomegranate arils
- 4 dates, pitted & chopped
- 1 can pears, drained & diced
- 2 Tbsps. chopped parsley
- 2 Tbsps. lemon juice
- 1 Tbsp. champagne vinegar



Directions:

1. Combine apples, pomegranate arils, dates, pears, and parsley in a medium bowl.
2. Dress with lemon juice and champagne vinegar.
3. Toss to combine.
4. Serve with cinnamon pita chips.

Recipe and image courtesy of Produce for Better Health Foundation and Kristen Carli - available at Fruitsandveggies.org.