



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

Dietitian's Dish

Frightfully Good Fall Salads



Pomegranates may feel a little tricky to prepare, but they're a treat with high amounts of antioxidants, vitamins, potassium, folic acid, and iron.

All those nutrients have built their reputation as a "superfood". The arils are juice-filled sacs that taste great whether you're eating them alone or added to other foods. If you're trying to boost the nutritional value of your food choices, use arils to top a salad.

Pomegranate and Mango Salad

Ingredients:

- 1/4 cup chopped pecans
- 1 mango, peeled, pitted, and thinly sliced
- 3 cups packed baby spinach
- 1/4 cup lite honey mustard dressing
- 1/2 cup pomegranate arils
- 1/4 cup crumbled goat cheese



Directions:

1. In large skillet, toast pecans over medium heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.
2. In large bowl, toss mango, baby spinach and dressing. Makes about 4 cups.
3. Serve salad sprinkled with pomegranate arils, cheese, and pecans.
Optional: Add some cooked chicken breast strips atop the salad to make it a complete meal.

Festive Fruit Salad

Ingredients:

- 1 large pomegranate
- 1/4 cup honey
- 1/2 tsp. grated fresh ginger
- 1 medium navel orange
- 1 large apple, cut in half through stem end, cored and thinly sliced
- 1 medium pear, halved lengthwise, cored, and cut into 1-inch pieces
- 1 cup halved seedless grapes

Directions:

1. Cut pomegranate into quarters; submerge into bowl of cold water and carefully remove the pomegranate seeds. Reserve 1 cup seeds; in blender, purée remaining seeds. Strain purée through fine-mesh strainer reserving juice; discard solids.
2. In small bowl, whisk together honey, 1 Tbsp. pomegranate juice (reserve remaining juice for another use) and ginger.
3. Slice off top and bottom ends of orange; place cut side down on cutting board. With small paring knife, slice down the sides following the natural curve of the orange to completely remove skin and white pith. Turn orange on its side; cut into 8-inch slices.
4. In large bowl, toss apple, pear, grapes, remaining pomegranate seeds and orange. Makes about 7 cups.
5. Divide salad into 6 serving bowls; evenly drizzle each with pomegranate honey to serve.

