



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

# Dietitian's Dish

## Sweet Ways to Survive the Holidays!

Fall and winter holiday festivities bring many people together to share and make memories. 'Tis' the season to spread joy (and unfortunately, plenty of GERMS too!) Be sure your family is getting the vitamins and antioxidants needed to stay healthy during the holidays.

*Instead of stocking the medicine cabinet, fill the fridge with healthier foods.*

### FOOD AS MEDICINE - think it's just a trend?

**Pomegranates** - may protect the heart and digestion

**Apples & Pears** - fiber may reduce cancer risks

**Oranges & Pears** - high in Vitamin C to boost immunity

**Grapes** - may protect the heart and reduce cancer risks

**Ginger** - fights nausea and inflammation

**Honey** - anti-microbial and fights inflammation



*This beautiful, sweet salad would be a great addition to your menu - for the holidays or any day!*

## Winter Fruit Salad

### Ingredients:

- 1 large pomegranate
- 1/4 cup honey
- 1/2 tsp. grated fresh ginger
- 1 medium navel orange
- 1 large Gala or Granny Smith apple, cored & thinly sliced
- 1 medium Bartlett or Bosc pear, cored & cut into 1-in. pieces
- 1 cup halved seedless red 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 and ginger. Reserve remaining juice for another use.
3. Slice off top and bottom ends of orange; place cut side down on cutting board. With small paring knife, completely remove skin and white pith by slicing down the sides following the natural curve of the orange. Turn orange on its side; cut into 8-inch slices.
4. In large bowl, toss apple, pear, grapes, remaining pomegranate seeds and orange. Divide salad into 6 serving bowls; evenly drizzle each with pomegranate honey to serve.

