



# Pomegranates



## Load up on antioxidants with Powerful Pomegranates, Nutritious and Delicious!

### Nutrition Tips:

- Pomegranates, also known as Chinese apples, are rich in antioxidants and Vitamin C, with only 100 calories.
- Arils (seeds) can be eaten whole, seeds and all.
- Use them to top salads or entrées or prepare smoothies or dressings.
- **The simplest way to enjoy the benefits of pomegranates is by drinking 100% Pomegranate Juice.**
  - It has about three times more antioxidants ounce for ounce than red wine or green tea.

### How to Pick Pomegranates:

- Pomegranates are picked ripe and should feel heavy when purchasing.
- Appearance is no indication of quality, but choose one that isn't cracked.
- Pomegranate Juice:

### Handle with Care:

- Store in a cool, dry location up to several weeks.
- Arils (seeds) can be stored up to 3 months in refrigerator.
- Cut off the crown and cut into sections.
- Place sections in bowl of water and roll out arils (seeds). Discarding of everything else.



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# Pomegranate Recipes

### Powerful

### Pomegranate-Banana-Berry Smoothie

Serves 2

#### **Ingredients:**

- 2/3 cup 100% Pomegranate Juice
- 1 cup frozen unsweetened strawberries
- 1 frozen peeled banana
- 3/4 cup light vanilla yogurt

#### **Directions:**

In a blender container, blend all ingredients until smooth and creamy. Pour into glasses and serve immediately.

Per serving: 210 calories, 5 g protein, 0 g fat, 48 g carbohydrate, 3 g fiber, 65 mg sodium

**\*\*This recipe is a Foot Steps to Health recipe and is 500 Club Approved.\*\***

### POM Autumn Rice Pilaf

#### **Ingredients:**

- 1/2 cup POM Wonderful 100% Pomegranate Juice
- 1/2 cup arils from 1 large POM Wonderful Pomegranate
- 1 6-oz. package long grain and wild rice mix
- 1 tablespoon olive or vegetable oil
- 1 medium apple, cored and chopped
- 1 cup chopped celery
- 1/2 cup chopped red onion
- 1/2 cup raisins or chopped dates
- 1/2 cup sliced or slivered almonds

#### **Directions:**

1. Prepare wild rice mix according to package directions.
2. Place oil in a medium skillet, heat until hot. Sauté apples, celery and onions for 3 minutes or until vegetables are tender.
3. Stir in raisins and almonds; cook 1 minute more. Remove from heat.
4. When rice is done, stir in sautéed mixture, the pomegranate juice and reserved arils. Serve immediately as a rice pilaf

Nutrients Per Serving (4.3 oz): 194 calories, 5g protein, 35g carbohydrate, 5g total fat (.5g saturated), 0mg cholesterol, 307mg sodium.

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>