

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

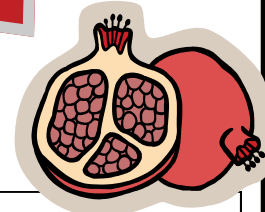
## Pomegranate

You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week



What fruit provides tasty seeds?

### **POMEGRANATES!**

- Select fruit that is heavy for its size with bright, fresh color and blemish-free skin.
- Whole pomegranates can be refrigerated for up to 2 months or store them in a cool, dark place for up to a month.
- The leathery, reddish-pink skin protects the edible red pulp covered seeds.
- The pulp is sweet and tart.
- Find out how to get to the pulp & seeds on the back of this page!

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### **Nutrition Facts:**

- Pomegranate is a good source of in vitamin C.
- They contain no fat, sodium or cholesterol.
- A typical serving size is 1 medium fruit, which contains 100 calories.

### **Did you know?**

- **Pomegranates are available in the United States from September through December.**
- **For preparation steps visit:**

[www.fruitsandveggiesmatter.gov/month/pomegranate.html](http://www.fruitsandveggiesmatter.gov/month/pomegranate.html)

## **Count it out!**

Keep track of the fruits and veggies that you eat each day by coloring in a different piece of triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7





# Try these delicious, nutritious and healthy recipes!

## Pomegranate and Banana Salad

### INGREDIENTS

- ♦ 2 pomegranates, chilled
- ♦ 4 bananas
- ♦ 1 Tablespoon brown sugar
- ♦ 2 limes (or ¼ cup lime juice)

### DIRECTIONS

Mix together the juice of the lime and the sugar. Adjust sweet and sour to taste. Score and seed both pomegranates, freeing the seeds.

Mound the pomegranate seeds in the center of the salad plates and slice the bananas around the perimeter of the seeds. Drizzle with the prepared lime dressing and serve.

To remove the seeds from a pomegranate, use a sharp knife and make a slice from the top down, into about 1/3 of the fruit. Grasp each side of the fruit and gently pull apart, separating into two halves. Repeat process on each half to get four sections. Remove seeds with clean hands or a spoon, and place in a bowl.

Discard everything but the juicy seeds!

## Blushing Pomegranate Chicken

### INGREDIENTS

- ♦ 2 pounds sweet potatoes, peeled and quartered
- ♦ 3 1/2 pounds bone-in chicken pieces
- ♦ 1 cup pomegranate juice
- ♦ 1/4 cup sherry vinegar
- ♦ 2 Tablespoons olive oil
- ♦ 1 tablespoon brown sugar
- ♦ 1 teaspoon ground ginger
- ♦ 4 cloves garlic, crushed
- ♦ 1 teaspoon salt
- ♦ 1/4 teaspoon black pepper
- ♦ 1 bunch green onions, sliced
- ♦ 1/4 cup pomegranate seeds

### DIRECTIONS

1. Arrange sweet potatoes and chicken pieces in a 9x13 inch baking dish. In a small bowl, mix together pomegranate juice, sherry vinegar, olive oil, brown sugar, ginger, garlic, and salt and pepper. Pour over chicken and sweet potatoes. Cover, and marinate for 1 to 2 hours, turning once.
2. Preheat oven to 350 degrees F (175 degrees C). Bake, uncovered, in preheated oven for 45 minutes, or until chicken and sweet potatoes are cooked through. Baste with cooking juices several times while cooking.
3. Sprinkle with green onion and pomegranate seeds before serving.

Source for recipes: [www.allrecipes.com](http://www.allrecipes.com), [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**Caution: Make sure to try all of these recipes under the supervision of an adult! Happy and healthy cooking!**