

SENIOR NUTRITION NEWS

Eat Smart Idaho

December 2023

Pomegranates: A Tasty Seasonal Fruit

Pomegranates are usually available in grocery stores between October and December, so what better time to try this unique fruit than now? Pomegranates can appear challenging to eat, but that is why they are so fun.



How to Open a Pomegranate:

Cut off the blossom end and score through the skin marking the fruit in quarters. Submerge the pomegranate in ice-cold water and rub the seeds off the skin. The skin will float to the top, the seeds to the bottom, and then they can be drained. See the demonstration video at: <http://tinyurl.com/peelingpomegranates>.

Pomegranates are a good source of healthy nutrients:

Antioxidants
Potassium

Folate
Vitamin K

When eating the whole berry, they also provide fiber and vitamin C.

Health benefits of pomegranates. Recent research has shown that pomegranates boost heart health, play a potential role in decreasing the risk of certain cancers, and may be beneficial for people with arthritis. Benefits can be seen with as little as 2 ounces of pomegranate juice per day.

Pomegranate Storage:

Keep pomegranates in a cool, dry, well-ventilated place, out of direct sunlight. The whole fruit will keep for up to 2 months in the refrigerator. Fresh seeds or juice will keep in the refrigerator for up to 5 days.

The seeds can be frozen for later use. To freeze, spread seeds in a single layer on a baking sheet lined with wax paper. Put in the freezer for no more than 2 hours and then transfer to a freezer bag or storage container and back into the freezer. Use them within one year.

Peanut Butter & Pomegranate Toast

- 2 Tbsp natural peanut butter
 - 2 slices whole wheat bread
 - 1/2 cup pomegranate seeds (arils)
1. Wash hands well with soap and warm water for at least 20 seconds.
 2. Toast bread.
 3. Spread peanut butter on toast.
 4. Top with pomegranate arils.



Kiwi Pom Parfait

- 1/4 cup pomegranate seeds (arils)
 - 1 kiwi
 - 2 graham crackers, broken into 4 squares
 - 1 cup low-fat vanilla Greek yogurt
1. Wash hands well with soap and warm water for at least 20 seconds.
 2. Cut kiwi into cubes.
 3. Crush graham cracker.
 4. Layer 1/2 of the graham cracker, yogurt, kiwi, and pomegranate in a cup or bowl. Make a second layer.
 5. Enjoy!



For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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Sources: https://extension.usu.edu/news_sections/home_family_and_food/pomegranates; <https://crec.ifas.ufl.edu/extension/pomegranates/> retrieved 11/21/23

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