

12 Great Ways to Use...

Pomegranates

It's likely that people have been cultivating and enjoying pomegranates for more than 5,500 years! Whole pomegranate arils (the bright red, juicy seed sacs) offer the most nutritional benefit, but pomegranate juice and molasses can also be used in healthful cooking. Remove the arils from a fresh pomegranate by scoring the flesh and submerging the fruit in a bowl of water. Break the fruit open under the water and turn the skin inside out to push out the arils. The arils will sink and the membrane will float. Remove the membrane and drain off the water. Use the arils or store them in the refrigerator or freezer for later use.

- 1.** Sprinkle pomegranate arils on oatmeal, müsli, or other hot or cold breakfast cereal.
- 2.** Top a green salad with pomegranate arils for extra texture and a sweet-tart flavor.
- 3.** Add pomegranate arils to tabouli. Or combine cooked whole grains like brown rice, freekeh, or wheat berries, sautéed onions and garlic, chopped fresh herbs, and pomegranate arils.
- 4.** Make pomegranate vinegar for dressings, marinades, and sauces. Steep 1 part bruised pomegranate arils in 2 parts white or white wine vinegar for 8-10 days; strain and pour into a sterile container with a tight-fitting lid.
- 5.** Make pomegranate molasses by reducing pomegranate juice over medium or medium-low heat until it coats the back of a spoon.
- 6.** Combine pomegranate molasses, minced shallots, herbs, and olive oil for a vinaigrette.
- 7.** Make muhammara (recipe at oldwayspt.org/recipes/muhammara), a sweet-sour-spicy spread made from pomegranate molasses, walnuts, and red peppers.
- 8.** Pomegranates are in season from October to January in North America. Buy extra pomegranates when they are in season and freeze the arils for use in the off season. Add frozen arils to fruit smoothies.
- 9.** Stir pomegranate juice into seltzer water for an afternoon pick-me-up or drop arils into prosecco at your next celebration.
- 10.** Sprinkle arils and pistachios over plain yogurt or drizzle pomegranate molasses over poached pears for an elegant dessert.
- 11.** Make pomegranate glaze using pomegranate juice or molasses for roasted vegetables (pomegranate and eggplant is a traditional combination) and meats.
- 12.** Add texture and tang to puddings and custards with pomegranate arils.



Learn more about healthy food choices at www.oldwayspt.org.