

POMEGRANATE

FUN FACTS

- Pomegranate is a native fruit of the Middle East. Its name in Latin means “apple with many seeds.”
- The seeds in a pomegranate are called arils.
- Pomegranate trees can live for over 200 years.
- In Turkey, after the marriage ceremony, the bride throws a pomegranate on the ground; the number of arils that fall out are believed to indicate how many children she will have.

POMEGRANATE POWER!

- Seeds are high in fiber, Vitamins C & K, Folate, and Potassium
- Contain powerful antioxidants called punicalagins, which contribute to the fact that pomegranate juice’s antioxidant activity is three times higher than those of red wine and green tea.
- Pomegranate juice has been shown to reduce inflammation, one of the leading drivers of many chronic diseases.
- Pomegranate has been shown to help fight prostate cancer by slowing down cancer cell reproduction and even inducing cancer cell death.
- May help lower blood pressure and risk of heart disease
- May have memory-aiding properties and have potential to help fight Alzheimer’s.



TRY IT AT HOME!

Roasted Veggies with Pomegranate Vinaigrette

Servings: 10

Ingredients:

Veggies

- 1 large head Cauliflower, cut into small florets
- 2 medium Sweet potatoes, peeled and cut into ½” wedges
- 1 lb. Brussels sprouts, halved
- 3 Tbsp Olive oil
- Salt & Pepper

Vinaigrette

- ½ c Pomegranate juice
- 1 c Pomegranate seeds
- ¼ c Olive oil
- Salt & Pepper

Directions:

1. Roast the vegetables: Preheat oven to 425 degrees. Toss together vegetables and oil in a large bowl, and season with salt and pepper. Spread vegetables evenly on 2 rimmed baking sheets, and roast until golden, mixing halfway through, about 30 minutes.
2. Meanwhile, make the vinaigrette: Transfer pomegranate juice to a bowl. Pour in oil in a slow, steady stream, whisking until emulsified. Season with salt and pepper.
3. Just before serving, drizzle vinaigrette over warm vegetables, and toss with pomegranate seeds.



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