



ON THE MENU:

POMEGRANATE SEEDS



THE NUTRITION

Prevent heart disease: contains polyphenols which helps to maintain blood pressure levels.

Diabetes prevention: one 1/2 cup serving contains 3.5 grams of fiber, which helps to control blood sugar.

Avoid the common cold: one serving contains 15% of your daily recommended Vitamin C intake, which helps boost your immunity.

THE USES

Fruit serving: eat the seeds as a creative serving of fruit!

Sweet garnish: Top salads, entrees, appetizers and desserts with the sweetness of pomegranate seeds.

Beverage ingredient: add to smoothies or juices for added nutrients and fiber.

POMEGRANATE & FETA SALAD

Derived from One on One Cookbook's Pear & Pomegranate Salad recipe

Ingredients:

- 2 cups baby spinach, packed
- 1/2 pear, chopped
- 1/2 cup pomegranate seeds
- 1/8 cup crumbled feta cheese
- 1 (3oz) chicken breasts, cooked and diced
- 2 tablespoons orange juice
- 1 teaspoon olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon apple cider vinegar
- 1 teaspoon honey

Directions:

1. For the salad, layer the spinach and remaining ingredients in a bowl.
2. For the dressing, combine orange juice, oil, mustard, vinegar and honey.
3. Drizzle dressing over salad and enjoy!

Nutrition information per serving:

390 calories, 39 grams carbohydrates, 27 grams protein, 9 grams fat, 7 grams fiber, 16 grams sugar, 259mg sodium