

Taste Test: Pomegranate



Pomegranates are amazing fruits! They are native to Iran and northern India and have been cultivated throughout the Mediterranean, Africa, and Europe. Pomegranates are rich in antioxidants making them a great addition to your fruit consumption.¹ They are also rich in potassium and vitamin C and are composed of approximately 80% water. Pomegranates contain small, edible seeds that are covered with a juicy flesh throughout the interior, called an *aril* and is known to resemble a ruby red jewel.¹

Food Fact

“Pomegranate” comes from the French word for apple, *pomme* and the Latin word *granatum*, meaning “seeded”¹

How to Choose:

- Choose pomegranates that are on the heavier side and free from marks, scratches or bruises on the skin
- Choose pomegranates that have a bright red exterior and smell slightly fragrant
- The larger the pomegranate the more seeds it will contain and the juicer it will be²

How to Prepare:

- To open a pomegranate simply cut a quarter inch off the top
- Carefully cut it into quarters, gently pull apart each section and pop the seeds out into a bowl of cold water
- The interior white membranes and exterior are not normally consumed²
- Pomegranates can also be consumed as juice, check the label for it to say “100% pomegranate juice”

How to Store:

- Pomegranates can be kept in a cool, dry place for up to 1 month or refrigerated in the crisper for up to 2 months
- The seeds can be removed and refrigerated separately in an airtight container for up to 2 weeks or frozen for several months²

Note:

Canada's food guide recommends:

- Wash, cut and refrigerate fruit ahead of time so it is an easy to grab snack
- Add fresh fruit to salads, pomegranate seeds are a perfect addition³

I Tried It!

My Rating (circle one):



Would you like to try pomegranate again?

YES NO

Ideas for Serving Pomegranate:

- Add to salads for a citrus flavour and pop of colour!
- Layer into a yogurt parfait with granola
- Add to your morning oatmeal or cereal
- Pair with olives for a burst of flavour
- Sprinkle over crackers and cheese
- Add to a bagel with cheese

Glittery Jewels

Makes 2 servings

Ingredients

- 3 Small oranges, peeled and sliced
- ½ cup Plain Greek yogurt
- 1 pomegranate
- 2 Tbsp sliced or slivered almonds
- 1 Tbsp chopped fresh mint
- ¼ tsp ground cinnamon



Directions

1. Arrange orange slices onto a large plate
2. Dollop yogurt over top and drizzle with honey
3. Sprinkle with pomegranate seeds, almonds, mint and cinnamon to serve.

Recipe adapted from [UnlockFood.ca](https://unlockfood.ca).

Getting children involved in cooking at home makes them more likely to eat more protein and select healthy foods. For more information, please contact APPLE Schools at info@appleschool.ca.

¹ UnlockFood.ca. I've heard that pomegranates have many health benefits. Should I eat them? [UnlockFood.ca](https://unlockfood.ca). Accessed May 2022.

² Today's Dietitian. Pomegranates- Crimson-Colored Fruit Packing a Wallop of Antioxidants That May Help Prevent Chronic Disease. [Today's Dietitian](https://www.todaysdietitian.com). Accessed April 2022.

³ Government of Canada. [Canada's Food Guide](https://www.canada.ca). Accessed April 2022.