

Pomegranate



Pomegranate is a large round fruit with a tough, leathery skin and lots of small juicy seeds inside. Grown in the Mediterranean since ancient times, it is highly nutritious, although it can be difficult to extract the seeds from the skin. Seeds and juice are rich in vitamins C and K, antioxidants, and fiber.

Storage

Whole pomegranate can be stored at room temperature or refrigerated to extend life. When ripe, the skin will be firm without any dents or soft spots. Cut off the top and bottom, then cut in half or quarters to easily extract seeds. Seeds can be refrigerated up to 2 weeks or frozen in an airtight container up to 3 months.



Cooking

Pomegranate seeds are best raw and fresh, in salads or smoothies, or as a snack. Pomegranate juice is also nutrient-dense, but removing the seeds, removes healthy fiber. Seeds & juice can be cooked into sauces, relish, or other dishes as well.



Apple & Pomegranate Crisp

lovin'
spoonfuls
a food rescue



Serves: 6-8 Total Time: 65 minutes

Ingredients:

- 4 medium apples - peeled, cored and sliced
- ½ pomegranate, skin and membranes removed
- ¼ cup brown sugar
- 1 tbsp ground cinnamon
- ½ tsp ground nutmeg
- ½ cup rolled oats
- ½ cup all purpose flour
- ¼ cup white sugar
- ¼ cup unsalted butter, cubed

Directions:

1. Preheat the oven to 375 °F. Lightly grease a 9 x 13 inch baking pan. In a large bowl, toss together the apples, pomegranate seeds, brown sugar, cinnamon, and nutmeg. Spread evenly into the prepared pan.
2. In the same bowl, stir together the oats, flour and sugar. Rub in the butter between your fingers until the mixture resembles coarse crumbs. Sprinkle over the top of the fruit.
3. Bake for 35-40 minutes, or until filling is bubbling and topping is browned. Let cool slightly before serving.

