



Good to Know
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Pomegranates are loaded with phytochemicals that may help prevent the progression of coronary heart disease.

P O M E G R A N A T E S

Pomegranates seem to have exploded onto the food scene in recent years, but these crimson beauties have been around since ancient times. They originally appeared thousands of years ago in Persia before migrating to other parts of the world, including North Africa, China, Europe, and, finally, the United States. Most of the domestic pomegranates we enjoy today are grown in the San Joaquin Valley of Central California.

While we spit out watermelon seeds and discard peach pits, pomegranates' glory lies in their juicy seed capsules called *arils*. These arils pop in the mouth and release a perfectly balanced sweet-tart juice. Getting to the arils and extracting them from the fruit requires a

bit of practice (and an apron), but minimal efforts reap ample rewards in the form of terrific flavor, vibrant color, and an astonishingly high antioxidant content.

Because fresh pomegranates are only available from September through January, enjoy them now. Choose fruits that are heavy for their size. They'll keep for several days at room temperature, or you can pop them in the refrigerator for longer storage. The arils can even be frozen for up to a year if tightly wrapped in plastic. Bottled pomegranate juice, however, is available year-round at Safeway, so its great taste and powerful health benefits are always within easy reach.

Safeway is your source for these crimson beauties—the juicy seeds are the jewels of the season



SLICE the pomegranate in half. Starting at edges, cut 4 to 5 slits in the rind toward the center of each half. (Be sure to wear an apron.)



PRESS on the rind with your thumbs, flattening each half slightly. Lift edges upwards with your fingers. Work over a bowl to catch arils (seeds) and juice.



HIT the pomegranate forcefully with the back of a spoon to loosen arils. Then gently shake or scrape them free from the rind.



COLLECT the arils in the bowl. Enjoy them on their own or add them to a fresh salad or a sparkling beverage.

Enliven your salads and beverages

Pomegranate-Orange Salad with Toasted Hazelnuts

PREP AND COOK TIME: About 15 minutes

MAKES: 4 to 6 servings

NOTES: You can replace the arugula with mixed baby greens or baby spinach, if desired.

3/4 cup (about 4 oz.) hazelnuts
2 oranges (1 to 1 1/4 lbs. total)
1 tablespoon pomegranate juice
1 tablespoon raspberry vinegar
1 1/2 teaspoons clover honey
1/2 teaspoon Safeway SELECT Dijon Mustard
1/4 cup O Organics™ Verdi Olive Oil
Salt and freshly ground pepper

3/4 cup pomegranate seeds
5 ounces baby arugula, rinsed and crisped

1. Preheat oven to 350°. Pour hazelnuts into a baking pan and bake, stirring occasionally, until nuts are golden beneath skins, 7 to 10 minutes. Pour nuts onto a clean cloth towel. When nuts are cool enough to handle, rub them in towel to remove loosened skins. Finely chop nuts; set aside.

2. Use a sharp knife to remove peel and white pith from oranges. Working over a bowl to catch juice, cut between membranes to release orange segments into bowl.

Drain oranges, reserving juice.

3. For the dressing, whisk together 1 tablespoon reserved orange juice (save remaining orange juice for another use), pomegranate juice, vinegar, honey, and mustard. Slowly whisk in olive oil. Season to taste with salt and pepper.

4. To serve, place arugula in a large shallow serving bowl and toss with 2 tablespoons dressing. Scatter hazelnuts, orange segments, and pomegranate seeds over arugula. Serve immediately, serving remaining dressing on the side.

Per serving: 269 cal., 75% (202 cal.) from fat; 3.7 g protein; 22.4 g fat (2.4 g sat.); 18 g carbo (3.8 g fiber); 20 mg sodium; 0 mg chol.



GORGEOUS AND NUTRITIOUS, TOO

It's hard to believe that something so beautiful can be so good for you, but pomegranates are nutritional powerhouses that possess an impressive array of health benefits. These include:

Antioxidants. The polyphenols and other antioxidants in pomegranate juice help neutralize cell-damaging free radicals and have been shown to minimize the effects of LDL (bad) cholesterol. Pomegranate juice has more antioxidants than red wine or green tea.

Fiber. Pomegranate seeds are a good natural source of fiber.

Potassium. An average serving of fresh pomegranate (about half a fruit) contains 260 mg of potassium—a dietary mineral that promotes muscle growth, a healthy nervous system, and proper brain function.

Vitamin C. One serving of fresh pomegranate contains 29 percent of the recommended daily allowance of vitamin C.

Tannins. Like red wine, pomegranate juice contains tannins, which offer excellent health benefits—particularly for the heart.

Additional benefits. Pomegranate juice may have anti-inflammatory properties, and new evidence suggests it might help those suffering from cardiovascular disease. Recent studies have shown promising results in linking consumption of pomegranate juice to lower risks of prostate cancer.



Pomegranate Rickeys

PREP AND COOK TIME: About 10 minutes (plus 15 minutes chilling)

NOTES: Homemade pomegranate syrup gives traditional lime rickeys a fun, modern twist. To prepare non-alcoholic rickeys, simply substitute the straight pomegranate juice (not the syrup) for the gin.

MAKES: 8 cocktails

- 1 cup 100% pure pomegranate juice
- 1 cup granulated sugar

- 1 cup gin
- 1/2 cup freshly squeezed lime juice
- 6 cups Safeway Seltzer Water, chilled
- Fresh pomegranate seeds, for garnish (optional)
- Ice cubes

1. For pomegranate syrup: In a medium saucepan, combine juice and sugar over medium heat. Stir constantly for 2 minutes or until sugar has dissolved. Raise heat slightly and bring to a boil. Boil for 2 minutes; immediately remove from

heat. Refrigerate until cool, at least 15 minutes. Can be prepared and chilled, covered, up to 3 days ahead.

2. To prepare cocktails, combine 2 tablespoons each pomegranate syrup and gin, and 1 tablespoon lime juice in each of 8 tall glasses. Stir. Fill glasses with ice and 6 ounces of chilled seltzer. Garnish with pomegranate seeds. Serve immediately.

Per serving: 189 cal., 0% (0.1 cal.) from fat; 0 g protein; 0 g fat (0 g sat.); 31 g carbo (0 g fiber); 19 mg sodium; 0 mg chol.