

Versatile And Flavorful Pomegranates

Add Vibrant Color And Freshness To Holiday Recipes

(NAPSA)—From the biblical Song of Solomon, to ancient Greek myths, to Chinese wedding ceremonies, the pomegranate is a popular fruit in customs and traditions all over the world. Not many modern Americans, however, know the best ways to enjoy this enticing fruit. Here are a few facts and hints that may help.

Pomegranates come in many colors, sizes and tastes. One of the most popular is the Wonderful variety, known for its large size and deep, red glossy appearance. It's available mid-October through December—just in time to bring some extra sweetness, flavorful fun and bright red color to holiday dishes.

To enjoy a pomegranate as a healthful snack, simply cut through the skin, break the pomegranate open and eat the delicious arils (juice sacks and seeds) inside. The juice of pomegranates has been found to be one of nature's most potent sources of antioxidants. Antioxidants guard against the free radicals that can cause damage, disease and premature aging.

In addition, there are simple and tasty ways to add the rich flavor and vibrant color of pomegranates to other favorite holiday foods.

• **Pomegranate Corn Relish**—Toss pomegranate arils, corn kernels, green pepper, fresh basil (finely chopped) and rice vinegar. Serve with steak.

• **Pomegranate and Pine Nut Rice Pilaf**—Add pomegranate arils and pine nuts to your regular rice pilaf mix.

• **Honey Pomegranate Yogurt**—Stir pomegranate seeds and a swirl of honey into plain yogurt.

• **Pomegranate Pancakes**—Stir pomegranate seeds into pancake batter.



Pomegranates are a festive fruit you can enjoy a variety of ways throughout the holidays.

Try this terrific pomegranate recipe for a delicious holiday appetizer or fun football spread:

POMEGRANATE GUACAMOLE

2 ripe avocados, peeled and pits removed

1 Pomegranate

1/2 cup diced cucumbers

1/4 cup thinly sliced green onion

1/4 cup chopped fresh cilantro

**1 tablespoon lemon juice
salt and pepper to taste**

Assorted tortilla chips

Dice avocados. Fold in pomegranate seeds, cucumber, green onion and cilantro. Add salt and pepper to taste. Gently toss with lemon juice and carefully place guacamole in a serving bowl. Top with a dollop of sour cream and sprigs of cilantro, if desired. Sprinkle reserved pomegranate seeds on top. Serve with tortilla chips immediately.

Makes 8 servings.

You can learn more about the rich history of pomegranates and new ways to prepare and decorate with them this holiday season online at www.pomwonderful.com.