Fruit of the Month
November 2016:

Pomegranate

Each pomegranate contains hundreds of seeds surrounded by flesh, both of which are edible. The seeds can be eaten raw, in salads or juiced. Pomegranates are an excellent source of fiber, vitamin C and K and are a good source of potassium, folate and copper. Like many fruits, pomegranates contain polyphenol antioxidants. Removing the seeds from a pomegranate can be challenging. Be sure to wear an apron to avoid staining your clothes. Start by scoring around the perimeter of the pomegranate, than pry open with your hands. Over a bowl, hold the pomegranate face down in your palm and use a spoon to gently tap the back of the pomegranate to knock the seeds out.

How to eat Pomegranate:

- Top your salad with pomegranate seeds.
- Make a yogurt parfait with non-fat Greek yogurt and top with pomegranate seeds, apple slices, sliced almonds and some cinnamon.
- Sprinkle some pomegranate seeds on top of your oatmeal to add some color and sweetness.

Radicchio Salad with Turkey, Pear and Pomegranate

Makes one serving

Ingredients:
4 ounces left over turkey breast
3 cups radicchio
1 pear
2 tbsp. toasted chopped hazelnuts
2 tbsp. pomegranate seeds
Dressing (use 2 tbsp.)
2 tbsp. Dijon mustard
2 tbsp. sherry vinegar
1/4 cup olive oil
Salt and pepper to taste

Directions:
Wisk together Dijon mustard, vinegar, olive oil and salt and pepper. In a large bowl combine all ingredients and pour over dressing. Toss gently and serve.

Nutrition Facts:
Calories 570, fat 31g, saturated fat 3.5 g, cholesterol 95mg, carbohydrates 39g, fiber 8g, sugar 22g, protein 39g, sodium 150g.

Shopper’s Tips

- Select pomegranates that are plump, round and heavy for their size.
- They can be stored in a cool dry area for about 1 month or up to 2 months in a refrigerator.

For questions, please contact Nicole Collins, MPH, RD Wellness Program Specialist, at Nicole.collins@ucr.edu or 951-827-5082
Veggie of the Month
November 2016: Sweet Potato

In grocery stores, the name yam and sweet potato are used interchangeable, however they are actually different. A true yam is cylindrical in shape with blackish/brown skin and white, purple or reddish flesh. Sweet potatoes are the variety we are more familiar with and can be found in grocery stores. There are two major types: Firm sweet potatoes with golden skin and paler flesh and Soft sweet potatoes with copper skin and orange flesh. This article with talk about the soft sweet potatoes. Orange fleshe sweet potatoes are a high source of beta carotene (vitamin A). Vitamin A helps to keep your vision good and fight infections and keep your skin healthy. They are also an excellent source of vitamin c, fiber, vitamin B6 and potassium.

Sweet Potato and Black Bean Burrito

Serves: 2
Ingredients:
1 tbsp. canola oil  
1 tsp. cumin  
2 tsp. smoked paprika or cayenne  
1 large sweet potato, diced  
1 can black beans, drained and rinsed  
1/2 cup cilantro, chopped  
1/4 cup jack cheese  
2 whole wheat tortillas

Directions:
Heat the oil in a pan over medium heat. Add the diced sweet potato and cook until tender and slightly browned. Stir frequently. Add black beans, cumin and paprika. Cook until heated through. Remove from heat and topped with chopped cilantro. Put a spoonful of the sweet potato mixture on a tortilla, top with cheese and roll into a burrito. Repeat with second tortilla.

Nutrition Facts per serving (approximate):
500 calories, 22g protein, 82g carbohydrate, 24g fiber, 4g sugar, 11g fat, 2g saturated fat, 0mg cholesterol

How to eat Sweet Potato:

- Make a sweet potato hash with diced sweet potato. Top with an egg.
- Bake a sweet potato and top with your favorite toppings. Black beans, tomato and avocado, or yogurt, granola and honey for a sweet version.
- Bake some sweet potato fries for a quick and easy side dish.

Shopper’s Tips

- Choose firm, dark, dry and smooth skinned sweet potatoes without wrinkles.
- Store sweet potatoes in a dry cool place, like a pantry.
- Refrain from washing until you are ready to use them.
- If stored properly, sweet potatoes can keep for one month or longer.

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