



## *Pomegranates*

Pomegranates are round fruits filled with juicy, jewel-like seeds called arils. These seeds are rich in antioxidants, particularly polyphenols, which protect against inflammation and oxidative stress.

Pomegranates are also high in vitamin C, boosting immune health and promoting heart health by lowering blood pressure and cholesterol. Their sweet-tangy flavor and vibrant color make them perfect for salads, snacks, and desserts.

# Pomegranate & Roasted Butternut Squash Salad

## INGREDIENTS

- 1 medium butternut squash, peeled and cubed
- 1 tablespoon olive oil
- 1 teaspoon cumin
- Salt and pepper to taste
- 1 pomegranate, seeds removed
- 4 cups mixed greens (arugula or spinach works well)
- ¼ cup feta cheese, crumbled
- ¼ cup pecans, toasted
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil (for dressing)

## DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss butternut squash with olive oil, cumin, salt, and pepper. Spread on a baking sheet and roast for 25-30 minutes until tender and caramelized.
2. In a large salad bowl, combine roasted butternut squash, pomegranate seeds, mixed greens, feta cheese, and toasted pecans.
3. Whisk together balsamic vinegar and olive oil, then drizzle over the salad.
4. Toss to combine
5. Serve immediately.

## STORAGE & SELECTION

Choose pomegranates that are heavy for their size with smooth, unblemished skin. Slight surface imperfections are okay, but avoid soft spots. Whole pomegranates can be stored at room temperature for up to 1 month or in the refrigerator for 2-3 months. Once the seeds are removed, they can be refrigerated for up to 5 days or frozen for several months.