

WINTER FLAVOR



Pomegranate and Pistachio Quinoa

Pomegranates provide fiber, vitamin C, antioxidants and other vitamins and minerals. The seeds of this tart yet sweet fruit give a burst of juicy flavor in every bite. To extract the seeds and keep your hands clean, fill a large bowl with clean water, lightly cut into the skin of the fruit (not the whole way through), put the fruit in the water and pull apart into halves and gently seed the fruit in the water. Then, use a fine colander to drain the water and reserve the seeds.

SERVES: 4 - 6

INGREDIENTS:

1 tbsp	Olive oil
1 small	Onion, diced
2 cloves	Garlic, minced
2 cups	Low-sodium vegetable broth
1 cup	Quinoa, rinsed in a fine mesh colander
2 tbsp	Reduced-fat cream cheese (try Neufchatel)
1 cup	Pomegranate seeds
½ cup	Chopped fresh herbs (parsley, basil, thyme)
1 small	Lemon, juiced and zested
To taste	Salt and pepper
¼ cup	Chopped, unsalted pistachios

DIRECTIONS:

1. In a medium pot, heat oil on medium heat, add onion and cook 3-4 minutes. Add garlic and cook about 1 minute more, stirring to avoid burning. Add broth and bring to a boil, then stir in quinoa and return to boil. Cover pot, lower heat and simmer on low for 10-15 minutes, stirring occasionally, until cooked.
2. Once cooked, turn off heat, stir in cream cheese and cover to allow residual heat to melt the cheese.
3. Add pomegranate seeds, herbs, lemon juice and zest, salt and pepper and pistachios. Divide evenly among plates and enjoy. Serve as a main dish for fewer diners or pair with baked fish, chicken or cooked chickpeas or white beans.
4. Eat leftovers cold or room temperature on salad greens for a healthy lunch!

ALTERNATIVES:

- Vary the herbs and seasonings, dress with balsamic vinegar and try different vegetables like celery, leeks, scallions, roasted butternut squash or steamed greens.
- Add pomegranate seeds to your morning oatmeal with cinnamon and sliced almonds. Or, use them to top plain, low-fat yogurt for breakfast or a filling snack.
- Add to mixed greens salad, baked goods, smoothies or winter fruit salad with oranges, kiwi, pears and grapefruit.
- Top roasted vegetables, meat or fish with a sauce or dressing made with the seeds.

