



Make it POP with Pomegranates!

BROUGHT TO YOU BY THE POMEGRANATE COUNCIL



California Pomegranates are a seasonal treat (only available October – January), but you can collect recipes year-round. When they are in season, there's no shortage of ways to enjoy them. Pomegranate arils or juice made from the arils make for a show-stopping ingredient in cocktails, salads, dips, sides, entrees, desserts, and more. Adding sweetness, juiciness, and crunch, pomegranate possibilities are truly endless! Got wellness goals? Pomegranates can help you achieve those too! Whether you're looking for an anti-aging boost or a smoothie ingredient to help fuel your workouts, pomegranates have the winning nutrients. From vitamin C to polyphenols and potassium, this ruby red fruit has you covered. And the Pomegranate Council has you covered with ways to enjoy them.

Read on for some of our favorites and visit www.pomegranates.org for additional recipes, nutrition research and how to tips for buying, cutting, storing and more!



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Appetizers





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Harvest Empanadas with Pomegranates

YIELD: About 18 empanadas • **PREP TIME:** 10 minutes • **COOK TIME:** 1 hour

These empanadas are a versatile crowd pleaser, and scale easily for larger gatherings. Don't like acorn squash? Swap it for butternut! Can't find persimmons? Use apples! Consider this more of a guide to the perfect bite: crispy, salty dough filled with savory herbs and onion, creamy roasted squash, sweet fall fruit, and a bright pop of pomegranate arils. Make them ahead of time and keep them in the fridge or freezer until ready to fry.

INGREDIENTS

- 1 acorn squash, peeled, seeded and diced
- 2 fuyu persimmons, sliced into wedges
- 1 white onion, sliced thin
- 4 cloves garlic, peeled
- 2 sprigs fresh rosemary, chopped and divided
- 2 sprigs fresh sage, chopped and divided
- 1 tsp smoked paprika
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 2 TBSP olive oil
- 1 cup pomegranate arils, plus more for garnish
- 1/4 cup chopped parsley, plus more for garnish
- 2/3 cup crumbled feta
- 18 5-inch empanada dough discs
- 6 cups frying oil
- Flaky salt, for garnish

INSTRUCTIONS

Preheat the oven to 400°F. Arrange the diced squash, persimmon wedges, onion slices, garlic cloves, and half of the rosemary and sage into a single layer. Season with the paprika, salt, and pepper, and toss in the olive oil then roast for 35–40 minutes, until the squash is tender and the onions start to crisp at the ends. Remove from the oven and let cool.

Next, roughly chop the roasted vegetables and add them to a large bowl. Toss in the remaining fresh rosemary and sage along with the pomegranate arils, chopped parsley, and crumbled feta, and gently stir to combine everything. The mixture should be a little creamy from the roasted vegetables and cheese.

Using an ice cream scoop or large spoon, portion about an ounce and a half of the filling onto the center of each empanada disc. Fold over, firmly pressing the edges, then seal by rolling the edges together or crimping with a fork. Refrigerate until ready to fry. In a large pot or Dutch oven, heat the frying oil to 350–375°F. Ease the empanadas into the oil in small batches and fry until golden brown, 4–6 minutes. Remove from the oil, garnish with flaky salt, and let cool on a baking rack or a plate lined with paper towels. Serve on a large platter with a garnish of fresh parsley and pomegranate arils

Pomegranate Brie Bites

YIELD: 12 • **PREP TIME:** 20 minutes • **BAKE TIME:** 17 minutes

These bite-size appetizers are perfect for the holiday season. Bold brie is combined with the flavor of pomegranates and honey for an inviting snack to pair with your favorite seasonal cocktail. Serve these bites warm. They'll go fast!

INGREDIENTS

- Dough for an 8 to 9-inch pie crust
- 3 ounces brie, cut into 12 pieces
- 12 roasted, salted pecan halves
- 1/3 cup pomegranate arils
- 1 medium egg
- 1 tablespoon water
- Honey

INSTRUCTIONS

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

Roll the dough to about 1/8-inch thick. Cut out 12 circles about 2 1/2-inches in diameter. Place the circles of dough on the baking sheet.

Add a piece of brie and a pecan half in the center of each circle. Press about 3 pomegranate arils into each piece of brie.

Fold up the sides of each circle, pinch them together on the corners to create a square or rectangle shape. Whisk together the egg and water in a bowl. Brush the egg wash over each bite.

Bake for 15 to 17 minutes, until golden brown. The cheese will bubble and ooze and the crust may unfold slightly as it bakes. Once out of the oven, transfer the bites to a serving plate. Drizzle with honey and top with any remaining pomegranate arils. Serve warm.









Pomegranate Guacamole

YIELD: 4 – 6 servings • **PREP TIME:** 12 minutes

This fruity twist on a favorite snack will win everyone over whether you need a bite for gameday or a starter for your homemade Mexican meal. You can adjust the heat to your preference in this recipe by the amount of serrano peppers you choose to add. Stir in just a half pepper for a mild guacamole or go for two full peppers if you enjoy some pleasant heat.

INGREDIENTS

- 3 tablespoons finely chopped yellow onion
- 2 tablespoons chopped cilantro plus extra for garnish
- ½ to 2 serrano chiles, seeds and ribs removed, minced
- 1 garlic clove, grated
- 3 avocados, peeled and pitted
- Juice of 1 lime (1 tablespoon)
- 1 tablespoon pomegranate juice
- ½ teaspoon salt
- 3 tablespoons pomegranate arils

INSTRUCTIONS

Add the onion, cilantro, serrano chiles, and garlic to a medium bowl. Add the avocados and lime juice. Smash the avocado as you stir it into the other ingredients. Continue to smash and stir until it reaches your desired smoothness.

Stir in the pomegranate juice and salt. Reserve 1 teaspoon of arils. Stir the remaining arils into the guacamole. Transfer the guacamole to a serving bowl. Top with the reserved arils and chopped cilantro before serving.

Pomegranate Pistachio Cheeseball

SERVES: 8 • PREP TIME: 120 Minutes, plus chilling overnight

This festive cheeseball has a deep savory flavor from smoked gouda that's surrounded by the sweetness of juicy pomegranate arils and crunchy pistachios. It will be a bright spot on your holiday table. It's best prepared the day before you plan to serve it with the outer layer of arils and nuts being added just before it's taken to the table. Serve it with your favorite crackers or toasted slices of baguette.

INGREDIENTS

- 2 (8-ounce) blocks cream cheese, softened
- 5 ounces smoked gouda, shredded
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh dill
- 1 table spoon pistachio flour or finely ground pistachios
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 large pomegranate, seeded
- 3 tablespoons roasted pistachios, roughly chopped
- Arugula leaves for plating, optional
- Crackers for serving

INSTRUCTIONS

Add the cream cheese and smoked gouda to the bowl of an electric mixer fitted with the paddle attachment. Turn to low speed, then medium and mix for about 1 minute until the cheeses are combined. Scrape the sides of the bowl. Alternatively, the ingredients can be stirred together by hand.

Add the chives, dill, pistachio flour, salt, and pepper. Turn the mixer to medium-high and mix for about 2 minutes, scraping the sides of the bowl as needed, until all ingredients are mixed together and creamy.

Spoon the contents of the mixer onto a sheet of plastic wrap, large enough to wrap the cheeseball. Use the wrap to form it into an oval or log shape. Wrap tightly and refrigerate overnight or up to 24 hours.

Just before you are ready to serve, unwrap the cheeseball and place it on a serving board or plate. Gently press pomegranate arils and pistachios into the cheeseball covering the top and sides. Arrange arugula leaves around the cheese, if using. Serve with crackers.





Pomegranate Stuffed Dates

SERVES: 4 to 6 • **PREP TIME:** 20 minutes • **BAKE TIME:** 25 minutes

This recipe takes a party favorite and gives it a deep complex sweetness from tangy pomegranates. Use large medjool dates for this recipe as their size allows for stuffing more pomegranate arils into them before wrapping them with smoky bacon. They can be served with a small dish of our Pomegranate Dipping Sauce or Pomegranate Molasses for even more festive flavor.

INGREDIENTS

- 12 large medjool dates
- 3 ounces cold cream cheese, cut in 12 cubes
- 1/3 cup pomegranate arils
- 6 slices bacon
- 2 tablespoons pomegranate molasses

INSTRUCTIONS

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

Cut a slit in each date and remove the pit. Stuff the date with a cube of cream cheese and 3 to 4 pomegranate arils. Press the cut edges of the date together to close it around the filling.

Lay the bacon slices on a cutting board so the long sides are facing you. Cut each piece down the middle to create 12 half slices of bacon. Wrap each date in a slice of the bacon and secure by inserting a wooden cocktail toothpick through the date.

Lay the dates on the baking sheet and bake for 10 minutes. Remove the baking sheet from the oven. Brush the dates with half of the pomegranate molasses, flip and brush with the rest of the molasses. Return the dates to the oven and bake for 10 to 13 more minutes until the bacon is cooked and begins to brown on the edges.

Transfer the dates to a serving plate and garnish with any remaining arils. Serve with Pomegranate Dipping Sauce or more Pomegranate Molasses.

Breakfast





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Pomegranate Baked French Toast

YIELD: 5 servings • **PREP TIME:** 20 minutes • **COOK TIME:** 40 minutes

No night-before prep is needed for this baked French toast. The slices of bread soak in a pomegranate custard for less than an hour before being baked. This frees up time for you to make the fresh whipped cream and pomegranate maple syrup just before brunch is ready to be served.

INGREDIENTS

FRENCH TOAST

- Butter for baking dish
- 6 large eggs
- $\frac{3}{4}$ cup 2% milk
- 2 tablespoons light brown sugar
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$ teaspoon ground cardamom
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup pomegranate juice
- 1 loaf French bread, cut into 10 thick slices
- $\frac{1}{2}$ cup pomegranate arils
- Powdered sugar for serving

POMEGRANATE SYRUP

- $\frac{1}{2}$ cup maple syrup
- 6 tablespoons pomegranate syrup

WHIPPED CREAM

- $\frac{3}{4}$ cup heavy whipping cream
- 2 tablespoons powdered sugar
- 1 teaspoon pomegranate syrup
- Pomegranate arils for garnish

INSTRUCTIONS

Grease a 9-by-13 baking dish with butter.

To prepare the French toast, make the custard. Whisk together the eggs, milk, brown sugar, vanilla, cardamom, cinnamon, and salt in a medium bowl. Slowly whisk in the pomegranate juice.

Dip each slice of bread in the custard and allow it to soak for about 30 seconds. Transfer the soaked bread slices to the prepared baking dish. Pour any remaining custard over the slices. Cover and refrigerate 45 minutes to 1 hour.

While the French toast rests, make the syrup and whipped cream. Stir together the maple syrup and pomegranate syrup in a small dish and set aside.

Place the heavy cream and the powdered sugar in a medium bowl. Use a hand mixer to whip the cream on low, then medium, and finally medium-high until stiff peaks form, about 90 seconds. Slowly fold in the pomegranate syrup a few drops at a time. Refrigerate until ready to use.

Preheat the oven to 350°F. Let the casserole dish sit out of the refrigerator while the oven heats. Bake 35 to 40 minutes, until the bread is browned, and the custard is fully cooked. Top the French toast with pomegranate arils and dust with powdered sugar. Serve with pomegranate syrup and whipped cream on the side.

Pomegranate Breakfast Smoothie

YIELD: 8 cocktails • **PREP TIME:** 15 minutes • 2 hours to chill

This easy shake is ready in minutes. Tart pomegranate juice is balanced by tangy yogurt and sweet strawberries. If you prefer a thicker smoothie, add more ice, or freeze your strawberries the night before. This smoothie is great for breakfast, and it comes in handy for an afternoon snack

INGREDIENTS

- 6 ounces plain yogurt, any variety
- 1 cup fresh strawberries, hulled
- 2 ounces pomegranate juice, or more as desired Handful of ice, or more as desired

INSTRUCTIONS

Add all ingredients to the pitcher of a blender. Secure the lid. Blend on low, then increase to high until all ingredients are pureed into a smoothie, about 30 seconds. Add more ice or pomegranate juice based on your desired consistency.

Nutrients per serving (based on non-fat, plain yogurt):
157 calories, 9g protein, 34g carbohydrate, 0.6g total fat (0g saturated), 4mg cholesterol, 113mg sodium; 96mg vitamin C, 0.35mg niacin (vitamin B3), 0.5mg manganese.





Pomegranate Breakfast Parfait

SERVES 1 • PREP TIME: 10 minutes

This easy breakfast is full of pomegranate flavor. The layers of red arils with green pistachios and pumpkin seeds make it an ideal addition to your holiday. Multiply the ingredients for as many people as you need to serve and consider putting each out for guests to build their own parfaits.

INGREDIENTS

- $\frac{3}{4}$ cup vanilla or plain Greek yogurt
- $\frac{1}{4}$ teaspoon of cinnamon
- 3 tablespoons roasted pistachios
- 3 tablespoons roasted, salted pumpkin seeds
- $\frac{1}{4}$ cup granola
- $\frac{1}{4}$ cup pomegranate arils
- $1\frac{1}{2}$ tablespoons pomegranate molasses or syrup

INSTRUCTIONS

Stir together the yogurt and cinnamon in a small bowl.

To build your parfait, layer $\frac{1}{3}$ of the yogurt in the bottom of a serving bowl or cup. Top with a tablespoon each of pistachios and pumpkin seeds. Top with $\frac{1}{3}$ of the granola. Drizzle with $\frac{1}{3}$ of the pomegranate molasses or syrup. Add $\frac{1}{3}$ of the arils.

Repeat two more layers and enjoy right away.



Pomegranate White Chocolate Lemon Scones

YIELD: 6 scones • **PREP TIME:** 15 minutes • **COOK TIME:** 22 minutes

Whether you serve them with breakfast or at an afternoon tea break, these buttery scones are a treat you will love. Tender biscuit-like pastry has creamy white chocolate and pomegranate arils folded inside. The flavors come together with a vibrant touch of lemon in both the infused sugar and the smooth glaze.

INGREDIENTS

SCONES

- Zest of 1 lemon
- ¼ cup sugar
- 3 cups all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ cup (1 stick) cold unsalted butter, cut in small cubes
- ⅔ cups white chocolate chips
- ⅓ cup pomegranate arils
- 1 cup 2% milk, plus more as needed

GLAZE

- ⅔ cup powdered sugar
- 2 teaspoons fresh lemon juice
- 2 to 3 teaspoons pomegranate juice
- Pinch of salt

INSTRUCTIONS

Preheat the oven to 425°F and line a baking sheet with parchment paper.

To make the scones, add the lemon zest and sugar to a small bowl and use a fork to mash the zest into the sugar to release the oils.

Add the flour to a large bowl. Stir in the baking powder, salt, and finally the lemon sugar. Add the butter. Use a pastry blender or two knives to work the butter into the flour until it is in small pieces that range from pea to marble-size, about 15 seconds.

Gently toss the white chocolate chips and pomegranate arils into the dry ingredients until evenly distributed.

Pour in ¾ cup of the milk. Use clean hands to gently knead the dough. It should be slightly dry. Add the remaining ¼ of milk, or enough to create a dough that has just enough moisture to hold it together in a ball. If the dough is still too dry. Add more milk a ½ teaspoon at a time until it can be formed into a ball and flattened into a disk.

Transfer the dough to the baking sheet. Pat it into a 7-to-8-inch circle. Cut it into 6 wedges. Gently pull the scones apart and arrange them on the baking sheet an equal distance apart.

Bake for 20 to 22 minutes until golden brown and no longer doughy in the center. Let cool for 10 minutes.

To make the glaze, stir together the powdered sugar and the lemon juice. Add 2 teaspoons of pomegranate juice and stir until smooth, about 30 seconds. Add the final teaspoon of pomegranate juice if needed to create a pourable glaze. It should be thin enough to drizzle over the scones, but thick enough that it will run over to coat them.

Drizzle an equal amount of glaze over each of the scones. Let sit 5 minutes for the glaze to set and serve warm.

Winter Pomegranate Almond Muesli

SERVES: 4 • **PREP TIME:** 15 Minutes, plus refrigeration time • **COOKTIME:** 30 minutes

This breakfast muesli is warming with the flavors of seasonal spices and a vibrant burst of pomegranate and citrus. Loaded with healthy oats, nut butter, and yogurt, it will keep you feeling full all morning. The rich pomegranate cinnamon reduction adds a surprise pop of sweet and spice. Soak the oats to your liking. After two hours they will be tender, but chewy while leaving them overnight will soften them further. The reduction can be made up to 2 days ahead. Add the toppings just before serving.

INGREDIENTS

POMEGRANATE CINNAMON REDUCTION

- 1 cup pomegranate juice
- 2 tablespoons brown sugar
- 1 small cinnamon stick

MUESLI

- 2 cups rolled oats
- 2 cups almond milk
- 1 tablespoon brown sugar
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- Pinch of salt
- ¼ cup smooth or crunchy almond butter
- ¼ cup plain Greek yogurt
- 16 kumquats, sliced, seeds removed
- 1 navel orange, segmented
- ¼ cup sliced almonds
- 1 cup pomegranate arils

INSTRUCTIONS

To make the reduction, stir together the pomegranate juice and brown sugar in a saucepan. Bring to a boil and then reduce the heat to maintain a strong simmer. Stir occasionally and cook for about 30 minutes until thickened. After about 20 minutes you will need to stir more often to prevent it from sticking to the bottom of the pan and burning.

To test, spoon some of the reduction out of the pan and let it sit on the spoon for about 30 seconds. It should thicken and coat the surface of the spoon. It will reduce to about 1/3 cup when ready.

Remove the pan from the heat and add the cinnamon stick. Let cool to room temperature. Discard the cinnamon stick and store in an airtight container.

To make the muesli, add the oats and almond milk to a medium bowl. Add the brown sugar, cardamom, cinnamon, ginger, nutmeg, and salt. Stir well. Cover and refrigerate for at least two hours, up to 24 hours.

When ready to serve, divide ¼ of the oats into each of four bowls. Top each with 1 tablespoon of almond butter and yogurt. Add ¼ of the sliced kumquats and orange. Drizzle each with about 1 tablespoon of the pomegranate cinnamon reduction and sprinkle with 1 tablespoon of almonds and ¼ cup pomegranate arils.



Cocktails





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Classic Pomegranate Margarita

YIELD: 2 cups • **PREP TIME:** 10 minutes

The classic margarita is even better with the addition of tangy, sweet pomegranate juice. This is a simple cocktail recipe to stir up for your next happy hour at home.

INGREDIENTS

- 6 ounces pomegranate juice, chilled
- 4 ounces gold tequila
- 2 ounces Cointreau
- 2 ounces fresh lime juice
- Lime
- slices or
- wedges for garnish
- Coarse salt for glasses
- Crushed ice
- Pomegranate arils for garnish

INSTRUCTIONS

Add the pomegranate juice, tequila, Cointreau, and lime juice to a cocktail mixer. Stir well.

Wipe a lime wedge around the rim of two cocktail glasses (about 10 ounces each). Roll the rim of the glasses in coarse salt. Fill each with crushed ice.

Divide the margarita between the two glasses, pouring it over the ice. Garnish with lime slices and pomegranate arils before serving.

Note: This recipe can be made to serve three when using smaller cocktail glasses.





Pomegranate Highball

YIELD: 1 cocktail • **PREP TIME:** 5 minutes

This pomegranate infused version of the classic highball cocktail uses a bright, herbaceous gin to pair with the vibrant flavors of pomegranate juice.

INGREDIENTS

- Crushed ice
- 1 ounce gin
- 1 ounce pomegranate juice
- 4 ounces bitter lemon soda or lemon Italian sparkling soda
- Cucumber slice for garnish
- Pomegranate arils for garnish

INSTRUCTIONS

Fill a highball or Collins glass with ice. Add the gin, pomegranate juice, and soda. Stir the cocktail. Garnish with a cucumber slice and pomegranate arils before serving.



Pomegranate Sangria

YIELD: 8 cocktails • **PREP TIME:** 15 minutes • 40 minutes to chill

This sangria is the perfect drink for your next party. The rich blend of pomegranate juice with white wine and spirits is lightened with bubbly sparkling wine just before serving. It is a good pick for a dinner party with friends, and it's also a welcomed addition to an autumn or winter brunch.

INGREDIENTS

- 1 (750 mL) bottle of California Sauvignon Blanc
- 18 ounces pomegranate juice
- 6 ounces apricot brandy
- 6 ounces cream sherry
- 1 Granny Smith apple, sliced
- 1 Gala or Red Delicious apple, sliced
- 2/3 cup pomegranate arils
- Grapefruit, orange, and lemon slices for serving
- 1 (750 mL) bottle California sparkling wine, chilled

INSTRUCTIONS

Pour the wine into a large pitcher. Add the pomegranate juice, brandy, and sherry and stir. Add the apple slices and the pomegranate arils to the pitcher and stir again. Refrigerate the sangria for two hours, until well chilled.

To serve, add a grapefruit, orange, and lemon slice to each of 8 red wine glasses. Divide the sangria among the glasses, allowing some apples and pomegranate arils to transfer to each glass. Top each glass of sangria with 3 to 4 ounces of sparkling wine just before serving.

Pomegranate Mimosa

YIELD: 1 cocktail • **PREP TIME:** 5 minutes

This pomegranate mimosa has a special twist with the addition of orange liqueur for a touch of citrus that pairs well with the flavors of the pomegranate juice.

INGREDIENTS

- ½ ounce Cointreau or Grand Marnier
- ½ ounce pomegranate juice, chilled
- 4 ounces California sparkling wine or prosecco, chilled
- Pomegranate arils for garnish

INSTRUCTIONS

Pour the Cointreau and pomegranate juice into a champagne flute. Add the sparkling wine and garnish with pomegranate arils.





Pomegranate Sunset Cocktail

YIELD: 1 cocktail • **PREP TIME:** 5 minutes

The nutty flavor of walnut liqueur blends with sweet pomegranate juice in this simple, two-ingredient shim, a low-alcohol cocktail. This drink allows you to join in the celebration without imbibing with strong spirits.

INGREDIENTS

- Crushed ice
- 3 ounces pomegranate juice
- 1 ounce California walnut liqueur or Italian nocino
- Pomegranate segment with arils

INSTRUCTIONS

Fill a rocks glass with ice. Pour in the pomegranate juice and then the walnut liqueur. Stir the cocktail. Skewer a segment of pomegranate arils with a cocktail pick to garnish the drink and serve.

Desserts





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Pomegranate Shortbread Squares

YIELD: 12 bars • **PREP TIME:** 30 minutes, plus time to cool • **BAKE TIME:** 30 minutes

These buttery cookie bars have bites of sweet pomegranate arils and velvety white chocolate chips. A drizzle of more white chocolate and a sprinkle of bright red arils make them a pretty dessert to serve and share.

INGREDIENTS

- 1 cup (2 sticks) unsalted butter, softened
- ½ cup powdered sugar
- ½ teaspoon salt
- ½ teaspoon pure vanilla extract
- 2 cups all-purpose flour
- ½ cup white chocolate chips
- ¼ cup pomegranate arils

INSTRUCTIONS

Line an 8-by-8-inch baking pan with parchment paper so that some of the paper sticks out above the top edge of the pan by at least a ½-inch.

Use an electric hand mixer or a stand mixer to cream the butter and powdered sugar in a medium bowl. Start on low speed, increase to medium high, and mix until smooth and spreadable, about 2 minutes.

Add the salt, vanilla, and flour. Mix on medium, until the dough turns from dry and crumbly to a cookie dough that holds together when pressed between your fingers, about 2 minutes.

Press the cookie dough into the prepared pan in an even layer that reaches the corners and sides of the pan. Press 2 tablespoons of the white chocolate chips and 1½ tablespoons of the pomegranate arils into the top of the cookie dough, dotting the top evenly with each.

Place the pan in the refrigerator to chill for 15 minutes while you preheat the oven to 350°F.

Bake the cookie bars for 30 to 35 min, until the edges are golden brown, and the center is firm.

Let cool for 10 minutes, then use the parchment paper to lift the shortbread out of the baking pan and place it on a cutting board. Let cool completely, about 30 minutes.

Place the remaining white chocolate chips in a microwave safe bowl. Heat in 15-second intervals, stirring between each, until melted and smooth.

Cut the shortbread into 12 bars. Drizzle the bars with the melted white chocolate and sprinkle with the remaining pomegranate arils.

Let sit until the chocolate is set, about 15 minutes, and serve.

Coconut Pomegranate Pops

YIELD: 5 pops • **PREP TIME:** 5 minutes • **FREEZING TIME:** 4 to 6 hours

These frozen pops blend sweet coconut milk with pomegranate juice for an easy dessert. A fun tip – if you swap an ounce of the coconut milk for coconut rum they can be turned into a boozy, sweet treat for the adults.

INGREDIENTS

- 5 ounces pomegranate juice
- 5 ounces coconut milk (or lite coconut milk)
- 1/8 teaspoon pure vanilla extract
- 4 tablespoons pomegranate arils

INSTRUCTIONS

Place the pomegranate juice, coconut milk, and vanilla in a blender. Puree on high for 15 to 20 seconds, until a little frothy.

Add 1 tablespoon of arils in each of 4 (2.5 ounce) popsicle molds.

Pour the coconut pomegranate mix into the mold, dividing it evenly among the 4 slots. Insert a popsicle stick into each.

Freeze for 4 to 6 hours or until firm. To release the pops, run warm water over the outside of the mold for 15 to 30 seconds. Serve right away





Pomegranate Granita

INGREDIENTS

- Crushed ice
- 3 ounces pomegranate juice
- 1 ounce California walnut liqueur or Italian nocino
- Pomegranate segment with arils

INSTRUCTIONS

Combine the water and sugar in a small saucepan. Simmer gently until the sugar is dissolved. Pour this sugar syrup into the pomegranate juice. Taste and adjust the acidity with a squeeze of lime, if needed. Pour the mixture into a bowl, and freeze. After about 1 hour, stir the mixture to prevent separation of the juice and syrup.

Once the mixture is frozen, chop it up with a knife or ice pick. Transfer the ice to a smaller container, and store it tightly covered in the freezer until served.

Nutrients per serving (2 oz. granita): 84 calories (0 calories from fat), 1g protein, 0g total fat (0g saturated), 21g carbohydrates, <1g dietary fiber, 0mg cholesterol, 21g total sugars, 0mcg vitamin A RE, 8mg sodium, 3mg potassium, 1mg vitamin C. Time to table: 5 min prep, 1 hour freezing Makes 6 to 8 servings.

Pomegranate Ginger Muffins

YIELD: 12 muffins • **PREP TIME:** 10 minutes • **BAKE TIME:** 20 minutes

These muffins are a fun treat that will start your day off right. They are studded with bright bursts of pomegranate arils along with bits of spicy, sweet, crystallized ginger. Stir up a batch over the weekend and keep them with you throughout the week for a quick breakfast or an easy mid-morning snack.

INGREDIENTS

- 2 cups all-purpose flour
- 2/3 cups sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/3 cup minced crystallized ginger
- 1 teaspoon grated lemon peel
- 1 1/4 cup pomegranate arils
- 1 cup milk
- 1 large egg
- 1/4 cup butter or margarine, melted and cooled

INSTRUCTIONS

In a bowl, mix flour, sugar, baking powder, and salt. Stir in crystallized ginger, lemon peel, and pomegranate arils. Make a well in the center.

In a measuring cup, blend milk, egg, and butter. Pour all the liquid into the well. Stir just until the batter is moistened; it will be lumpy. Spoon batter into 12 (2 1/2 inch wide) or 24 (1 3/4 inch wide) buttered muffin cups, filling each almost to the rim. Sprinkle with 1-2 teaspoons sugar.

Bake in a 425°F oven until lightly browned (about 16 minutes for large muffins, 13 minutes for small). Remove the muffins from the pan at a once. Serve hot or set on a rack and serve warm or cool.





Mains





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Pomegranate Barbecue Chicken and Bacon Flatbread

YIELD: 2 to 4 as a meal, 6 to 8 as a starter • **PREP TIME:** 15 minutes • **BAKE TIME:** 20 minutes

This flatbread is loaded with toppings beginning with a tangy pomegranate barbecue sauce. Then savory chicken and bacon pair with rich cheeses and sweet pomegranate arils over the thick crust. Eat it as a meal or serve slices as a starter. It's a good option for using leftover rotisserie chicken. You can buy a premade ball of pizza dough for this recipe or make your own.

INGREDIENTS

POMEGRANATE BARBECUE SAUCE

- ½ cup ketchup
- ½ cup pomegranate juice
- 2 tablespoons brown sugar
- 1 tablespoon apple cider vinegar
- ½ teaspoon ground mustard
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- ¼ to ½ teaspoon ground black pepper

FLATBREAD OLIVE OIL FOR BAKING SHEET

- ½ cup ketchup
- ½ cup pomegranate juice
- 2 tablespoons brown sugar
- 1 tablespoon apple cider vinegar
- ½ teaspoon ground mustard
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- ¼ to ½ teaspoon ground black pepper

INSTRUCTIONS

Make the barbecue sauce: Pomegranate Barbecue Sauce

Preheat the oven to 450°F. Grease a pizza pan or baking sheet with oil. Or use a pizza stone and prepare according to product instructions.

Divide the pizza dough into two equal portions. Roll or stretch each portion to an oval about 8-by-10-inches. Place the ovals on the prepared pan.

Top each with an equal amount of the barbecue sauce, using about ½ of the prepared sauce. The remaining can be stored in the refrigerator for use within 5 days. Spread the sauce evenly over the dough, all the way to the edges.

Divide half of the mozzarella over each pizza. Top each with an equal amount of chicken and then bacon crumbles. Add the remaining mozzarella over each. Sprinkle each with red onion.

Bake for 13 to 15 minutes, until the crust is browned, and the cheese is bubbling. Remove from the oven and sprinkle on the blue cheese. Divide the arils over each pizza and top with chopped chives. Slice and serve.

Note: The salsa can be made up to 4 hours ahead of time, but if holding for more than 30 minutes, put plastic wrap against the surface of the salsa, then tightly cover the bowl and store it in the refrigerator. Remove it about 30 minutes before serving. The salmon can also be grilled instead of roasted. Grill at 450°F, flesh-side down, for 6 minutes or until seared, then flip to skin-side down and cook an additional 2 to 5 minutes depending on desired doneness.

Pomegranate Chicken Enchiladas

SERVES: 4 – 6 • **PREP TIME:** 20 Minutes • **Bake TIME:** 30 Minutes • **COOKTIME:** 15 minutes

Enchilada sauce is made with dried chiles and pomegranate juice in this dinner casserole that is inspired by a favorite Mexican restaurant entrée. These enchiladas provide a great way to use up leftover shredded chicken. Corn tortillas are more traditional and hold up to the sauce when baking, but any of your favorite tortillas can be substituted.

INGREDIENTS

- 5 dried guajillo chiles
- 2 cups water
- 1 cup chicken stock
- 1 cup tomato sauce
- ½ cup pomegranate juice
- 1 tablespoon tomato paste
- 1 garlic clove, peeled
- 2 tablespoons chili powder
- 2 tablespoons salt
- ½ teaspoon ground coriander
- ½ teaspoon dried oregano
- ½ teaspoon onion powder
- 8, 7-inch tortillas
- 1 pound shredded, seasoned cooked chicken
- 2/3 cups pomegranate arils
- 2 cups shredded cheese
- 1 tablespoon minced fresh jalapeno

INSTRUCTIONS

Preheat the oven to 400°F.

Remove the stems from the chiles and discard most of the seeds. Add the chiles to a dry skillet and cook over medium-high heat, toasting gently for about 5 minutes, until they darken slightly. While they toast, bring the 2 cups of water to a boil in a saucepan.

Turn off the heat on the water and add the toasted chiles. Let soak for 10 minutes.

Drain the chiles and discard the water. Transfer the chiles to the pitcher of a blender. Pour in the chicken stock, tomato sauce, pomegranate juice, tomato paste, garlic clove, chili powder, salt, coriander, oregano, and onion powder. Puree on high for about 30 seconds, until smooth.

Pour the sauce back into the saucepan. Bring to simmer over medium heat and cook, stirring often, 7 to 10 minutes, until it thickens slightly. Spoon about ¼ cup of the enchilada sauce in the bottom of a baking dish, about 9-by-13-inches in size.

Place the tortillas on a clean working surface. Divide the chicken into 8 portions. Divide the arils in half and reserve one half for garnish. Divide the cheese in half and reserve one half for topping.

Instructions continue on next page

INSTRUCTIONS CONTINUED

Add a portion of chicken to each of the tortillas. Top each with an equal amount of pomegranate arils and cheese.

Working one at a time, roll the tortillas up tightly and transfer to the baking dish, seam-side down.

Pour the remaining sauce over the rolled enchiladas and sprinkle with the reserved cheese. Cover with foil, tenting it slightly so it doesn't stick to the cheese while baking.

Bake for 20 minutes. Remove the foil and bake for 10 more minutes until the sauce is bubbling and cheese is melted.

Remove from the oven and garnish with the reserved pomegranate arils and minced jalapeno. Serve warm.





Salmon with Pomegranate & Lentil Couscous

YIELD: 6 to 8 Servings • **PREP TIME:** 30 minutes • **COOK TIME:** 1 hour

This recipe has you covered with a homemade meal that includes both the main course and side dish. Salmon baked with lemon and thyme is served over hearty couscous and lentils that are mixed with bright bursts of pomegranate arils.

Salmon with Pomegranate & Lentil Couscous

INGREDIENTS

- 1 cup uncooked French green lentils (also called Puy lentils)
- 1¼ to 1½ pound skin-on, whole salmon filet
- 3 tablespoons extra-virgin olive oil
- 1½ teaspoons salt
- ½ teaspoon ground black pepper
- 2 small lemons
- 1½ teaspoons fresh thyme leaves, plus sprigs for garnish
- 1 small yellow onion, finely chopped
- 1 medium apple, cored and cubed (such as Fuji or Gala)
- 1, 10-ounce box of plain couscous
- 1½ cups pomegranate arils, plus extra for garnish

INSTRUCTIONS

Pick through the lentils and discard any debris or small pebbles. Rinse with cold water to remove any remaining dust or grit. Combine the lentils and 2 cups of cold water in a large saucepan. Bring it to a boil over high heat, reduce the heat to medium, and boil gently until the lentils are tender, 20 to 30 minutes. Drain well and set aside.

While the lentils cook, preheat the oven to 400°F and line a baking sheet with aluminum foil.

Place the salmon skin-side down on the baking sheet. Brush it evenly with 1 tablespoon of olive oil. Sprinkle with ½ teaspoon of salt and ¼ teaspoon of pepper.

Zest 1 lemon and extract 1 teaspoon of juice. Set the zest and juice aside for the couscous.

Trim each end off of the second lemon and cut it into 5 or 6 thin slices. Remove any seeds and lay the slices over the salmon. Sprinkle the salmon with 1 teaspoon of thyme leaves.

Bake the salmon for 25 to 30 minutes, until it is cooked through the center and flakes with a fork.

While the salmon bakes, make the couscous. Add 2 cups of water to a small saucepan and turn to medium-high heat. Cover with a lid and let it come to a boil. Alternatively, you can heat the water in an electric kettle.

Add the remaining 2 tablespoons of olive oil to a large, deep skillet with a lid. Add the onion and cook, stirring occasionally, until golden brown, about 4 minutes. Add the apple, and cook until the apple begins to soften, 2 to 3 minutes. Sprinkle the couscous into the skillet over the onion and apple, and then carefully add the boiling water. Remove from the heat, cover, and let stand 5 to 8 minutes.

When ready to serve, stir the lemon zest and lemon juice into the couscous. Next add the cooked lentils to the couscous and stir well. Add the pomegranate arils and fold them in gently to prevent them from bursting. Stir in the remaining 1 teaspoon of salt, or to taste, ¼ teaspoon of pepper, and the ½ teaspoon of thyme leaves.

Transfer the lentil couscous to a serving platter or dish. Gently slide a metal spatula under the warm salmon to separate it from the skin.

Place the salmon filet over the couscous. Garnish with sprigs of thyme and pomegranate arils and serve warm.

Pomegranate and Winter Squash Burrata Pasta with Fried Sage

SERVES: 4 • **PREP TIME:** 15 Minutes, plus refrigeration time • **COOKTIME:** 30 minutes

This pasta dinner is layered with inviting seasonal flavors. Sweet pomegranate combines with earthy roasted squash and creamy burrata for an unforgettable combination of tastes and textures.

INGREDIENTS

ROASTED WINTER SQUASH

- 2-pound butternut squash, cleaned and cut into ½-inch cubes (3 ½ cups)
- ½ tablespoon extra-virgin olive oil
- ¼ teaspoon dried rosemary
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon rubbed sage

FRIED SAGE

- ¼ cup extra-virgin olive oil
- 40 fresh sage leaves, varying sizes

PASTA

- 1 pound spaghetti, cooked
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon flake sea salt
- 2, 4-ounce balls burrata, quartered
- 2 cups pomegranate arils
- Flake sea salt for garnish
- Cracked black pepper for garnish
- High-quality extra-virgin olive oil for finishing

INSTRUCTIONS

To make the squash, preheat the oven to 425°F. Line a baking sheet with parchment paper.

Add the squash to the baking sheet. Drizzle with the olive oil and sprinkle with the rosemary, salt, pepper, and sage. Stir to coat all the cubes and spread into a single layer.

Bake for 10 minutes, stir, and then bake for another 10 to 12 minutes, until the squash is tender and beginning to brown on the edges.

While the squash bakes, make the sage. Heat the olive oil in a large saucepan over medium-high heat for 2 to 3 minutes. Once hot, drop a sage leaf in, it should sizzle. Add as many leaves as your pot will allow, working in batches if you need to. Cook the sage leaves for about 90 seconds, until firm and crisp.

Transfer to a plate covered with a paper towel to drain and dry the leaves.

To finish and serve the pasta, stir the cooked spaghetti together with the tablespoon of olive oil and the ¼ teaspoon of flake sea salt.

Divide the pasta into 8 portions and add each portion to a serving plate or bowl. Top each serving with an equal amount of roasted squash cubes, a quarter of a burrata ball, a quarter cup of pomegranate arils, 5 sage leaves, flake salt and cracked pepper to taste, and a drizzle of olive oil.





Pomegranate Dijon Roasted Chicken

YIELD: 2 to 4 as a meal, 6 to 8 as a starter • **PREP TIME:** 15 minutes • **BAKE TIME:** 20 minutes

This roasted chicken is bursting with the fresh, sweet flavor of pomegranate that is balanced by savory Dijon mustard and earthy rosemary. Plated with fresh pomegranates, it is the star of the table throughout the fall and into the holiday season.

INGREDIENTS

POMEGRANATE GLAZE

- 1½ cups pomegranate juice
- ¼ cup brown sugar

FLATBREAD OLIVE OIL FOR BAKING SHEET

- 4 tablespoons unsalted butter, softened
- 2 garlic cloves, grated
- 1 tablespoon Dijon mustard
- 1 teaspoon minced fresh rosemary
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- One 4½-pound whole chicken
- Pomegranates for serving
- Rosemary sprigs and bay leaves for garnish (optional)

INSTRUCTIONS

Make the pomegranate glaze by stirring together the pomegranate juice and brown sugar in a small saucepan. Bring to a simmer over medium-high heat and cook until reduced by half, 25 to 30 minutes. The juice will be reduced, but will remain a thin liquid. Set aside.

Preheat the oven to 425°F.

Stir together the butter, garlic, Dijon, rosemary, salt, and pepper in a small bowl until ingredients are blended and spreadable.

Place the chicken on a flat surface. Remove any parts in the cavity.

Rub the chicken all over with the seasoned butter. Get under the skin wherever possible, over the breast meat and legs. Use all of the butter. It will be generously coated.

Transfer the chicken to a roasting pan. Tuck the wings behind the body. Tie the legs together with kitchen twine. Pour 2 tablespoons of the reduced juice over the chicken.

Bake the chicken for 30 minutes, then carefully brush it with more of the reduced juice from the saucepan. Continue to bake for another 60 minutes, brushing it with the reduced juice about every 15 minutes. Do not brush the chicken with the juices in the bottom of the pan as the juices will blacken as it bakes. If higher points on the chicken such as the legs begin to brown too quickly, place a tent of foil over the chicken as it bakes. Bake until the chicken reaches an internal temperature of 165°F, about 90 minutes total.

Let the chicken rest for 5 minutes. Carefully transfer it to a serving platter. Arrange pieces of pomegranate around the platter along with fresh herbs, if using, and serve.

Preserves and Sauces





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Pomegranate Barbecue Sauce

YIELD: 1 cup • **PREP TIME:** 5 minutes • **COOK TIME:** 8 minutes

Pomegranate juice adds a sweet, zesty flavor to this rich barbecue sauce. Black pepper imparts a deep heat that complements everything from our Pomegranate Barbecue Chicken and Bacon Flatbread to grilled meats. You can adjust the intensity of this sauce by adding a little less black pepper.

INGREDIENTS

- ½ cup ketchup
- ½ cup pomegranate juice
- 2 tablespoons brown sugar
- 1 tablespoon apple cider vinegar
- ½ teaspoon ground mustard
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- ¼ to ½ teaspoon ground black pepper

INSTRUCTIONS

Stir together all ingredients in a medium saucepan. Bring the sauce to a simmer and then a low boil over medium-high heat. Stir often and cook until thickened, 7 to 8 minutes. Use right away or store in the refrigerator for up to 5 days.





Spicy Pomegranate Relish

INGREDIENTS

- 2 medium pomegranates, seeded, about 1½ cups
- ½ cup finely chopped sweet onion
- 1½ tablespoons finely chopped, green jalapeno pepper
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- ¼ teaspoon salt

INSTRUCTIONS

Gently fold together pomegranate arils and remaining ingredients.

Makes 1½ cups

Pomegranate Holiday Spice Compote

YIELD: 2 cups • **PREP TIME:** 10 minutes

INGREDIENTS

- 2 medium pomegranates, seeded, about 1½ cups
- 1 tablespoon finely chopped orange zest
- 1 tablespoon orange juice
- ½ tablespoon grated fresh ginger
- 1 tablespoon honey
- ¼ teaspoon salt

INSTRUCTIONS

Gently fold together pomegranate arils and remaining ingredients.

Makes 1½ cups.





Pomegranate, Grapefruit & Lemon Marmalade

YIELD: 3 cups • **COOK TIME:** 1 hour 30 minutes

INGREDIENTS

- 2 lemons
- 1 small red grapefruit
- 3 cups water
- 1 cup pomegranate juice
- 3 cups sugar

INSTRUCTIONS

Slice the ends off the lemons, cut each into quarters, and then remove all seeds. Cut them crosswise into paper-thin slices, then reserve in a 2-quart bowl.

Slice the ends off the grapefruit, cut it into eighths, and then remove all seeds. Cut it crosswise into paper-thin slices, and add it to the bowl with lemon. Cover with 3 cups water, then chill overnight.

Combine fruit and soaking liquid, pomegranate juice, and sugar in a 4-quart nonreactive saucepan. Over high heat, bring the mixture to a full boil, stirring until the sugar dissolves. Reduce heat to medium; cook until thick, stirring occasionally (about 1 hour 30 minutes). Take care toward the end not to scorch the marmalade. It is done when a little liquid pours off the edge of a teaspoon in one stream.

Pomegranate Molasses

YIELD: 1 – 1¼ cups • **PREP TIME:** 2 minutes • **COOK TIME:** 1 hour

Molasses is an often-forgotten pantry staple that's extremely versatile, especially when made with fresh pomegranate juice. This recipe makes a great base for thickened sweet sauces (like our Pomegranate Dipping Sauce), it adds sweetness and acidity to savory soups and stews (like our Persian-inspired bean soup), and it serves as an easy replacement for jam in breakfast dishes like yogurt bowls and overnight oats!

INGREDIENTS

- 4 cups fresh California pomegranate juice
- ¼ cup fresh-squeezed lemon juice
- ½ cup + 2 TBSP sugar

INSTRUCTIONS

Stir the pomegranate and lemon juices together with the sugar in a medium saucepan. Bring to a boil over medium-high heat, then reduce to medium low, maintaining a gentle boil in the center of the pan. Simmer for 50-60 minutes, uncovered, stirring every now and then to prevent sticking.

Once most of the liquid has evaporated—about 45 minutes or so—the mixture will start to thicken much faster. Reduce the heat a little and continue cooking another 10-15 minutes, or until the molasses coats the back of a spoon. Remove from the heat and let cool for at least 20 minutes, then pour into a sterilized glass storage container. The molasses will continue to thicken significantly as it cools.





Salads





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Pomegranate Persimmon Salad with Pomegranate Maple Dressing

YIELD: 4 to 6 as a starter • **PREP TIME:** 20 minutes

This salad is a true celebration of the season. Healthy greens mix with sweet seasonal fruits to make the perfect starter for a holiday dinner menu or a festive addition to your weekend brunch. As a meal this salad pairs well with roasted poultry or with a warm winter squash soup.

INGREDIENTS

POMEGRANATE MAPLE DRESSING

- 2 tablespoons grapeseed oil
- 1 tablespoon pomegranate juice
- ½ tablespoon pure maple syrup
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- Pinch of ground black pepper

SALAD

- 2 cups chopped romaine lettuce
- 2 cups sliced green cabbage
- 1 cup sliced frisée
- 1 cup sliced radicchio
- 2 Fuyu persimmons, sliced
- 2 scallions, thinly sliced
- 1/3 cup candied pecans or walnuts
- 2 ounces aged gouda or Parmesan, crumbled
- 1 cup pomegranate arils

INSTRUCTIONS

Add the dressing ingredients to a small bowl. Whisk about 1 minute, until a smooth dressing forms and set aside.

Add the lettuce, cabbage, frisée, and radicchio to a serving bowl. Toss gently to combine them. Add the persimmon slices and scallions, then top with nuts and gouda.

Add your desired amount of dressing as you gently combine the salad ingredients to coat them. If any dressing remains, serve it on the side.

Top the salad with pomegranate arils and serve

Pomegranate Wedge Salad

SERVES: 4 • PREP TIME: 20 minutes • COOK TIME: 10 minutes

This twist on a classic steakhouse favorite adds a touch of fruity acidity from pomegranates. Arils provide a sweet bite that pairs with the crunch of the iceberg lettuce in the salad while pomegranate juice balances the pungent savory flavor of the blue cheese in this creamy dressing that goes on top.

INGREDIENTS

POMEGRANATE BLUE CHEESE DRESSING

- 2 ounces crumbled blue cheese
- 2 tablespoons heavy cream
- 1 tablespoon mayonnaise
- 1 tablespoon
- sour cream
- ¼ teaspoon garlic powder
- Pinch of salt
- 2 ounces pomegranate juice

WEDGE SALAD

- 1 tablespoon extra virgin olive oil
- ¾ cup panko breadcrumbs
- ¼ teaspoon dried basil
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- 3 ounces prosciutto, chopped
- 1 head iceberg lettuce
- ½ cup sliced, toasted almonds
- ½ cup pomegranate arils
- Crumbled blue cheese for serving

INSTRUCTIONS

To make the dressing, add the blue cheese, heavy cream, mayonnaise, sour cream, garlic powder, and salt to a small food processor or personal sized blender. Pulse 3 to 4 times to blend the ingredients. Add 1 ounce of pomegranate juice and pulse, until the cheese is chopped into small pieces. Add the remaining pomegranate juice based on your desired consistency of dressing. Continue to pulse until a smooth, pourable pink dressing forms.

To make the salad, add the olive oil to a small skillet over medium-high heat. Stir in the breadcrumbs, basil, garlic powder, and salt. Cook until the crumbs are lightly toasted and golden brown, 3 to 5 minutes. Remove the breadcrumbs from the heat and transfer to a small bowl to cool.

Return the skillet to medium-high heat. Add the prosciutto and cook until browned with crisp edges, about 5 minutes. Set aside to cool.

Quarter the head of iceberg lettuce and remove the hard stem portion on the end. Place each wedge, cut-side up on a serving plate. Drizzle each with some of the dressing.

Sprinkle the wedges with an equal amount of breadcrumbs and prosciutto. Divide the remaining dressing over each wedge and add the almonds, pomegranate arils, and blue cheese crumbles. Serve right away.



Pomegranate, Orange, Papaya & Kiwifruit Green Salad

YEILD: 6 servings

INGREDIENTS

- 1½ teaspoons white wine vinegar
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon crushed red pepper flakes
- ¼ cup olive oil
- 1-1/2 quarts mixed greens
- 2 oranges, peeled and sliced
- 2 medium papayas, peeled and sliced
- 4 kiwifruits, peeled and sliced
- 1 medium pomegranate, seeded (about ¾ cup)

INSTRUCTIONS

Combine vinegar, salt, pepper and crushed pepper flakes; whisk in oil. Toss greens with 2-1/2 tablespoons dressing; arrange on a serving platter. Alternate orange, papaya and kiwifruit slices over greens. Drizzle with remaining dressing. Sprinkle with pomegranate arils.





Spinach Pomegranate Salad

YIELD: 8 servings

INGREDIENTS

SALAD

- 8 cups spinach leaves, no stems, torn to bit size pieces
- 2 small oranges peeled, cut into bit size pieces
- ¼ to ½ small red onion
- ½ medium pomegranate, seeded

SALAD

- 2 tablespoons vegetable oil
- 2 tablespoons honey
- 2 teaspoons grenadine syrup
- ¼ teaspoon chili powder

INSTRUCTIONS

Combine spinach, oranges, and onion in serving bowl and toss to mix. Add pomegranate arils to salad.

Combine oil, honey, grenadine syrup and chili powder and mix well. Pour dressing over salad and toss gently.



Pomegranate and Pear Salad

YIELD: About 8 servings • **PREP TIME:** 8 minutes

This tasty pear and pomegranate salad is full of California harvest-season flavors. The recipe makes 6–8 first-course or side dish servings, but it’s also fabulous as a main dish, with or without chicken or salmon tossed in. Feel free to make this pomegranate salad recipe your own: swap the almonds for walnuts or pepitas, use Feta rather than blue cheese, or even sub apples or mandarins’ wedges for the pears. The pairing of the pomegranate arils and tangy dressing are really the key here—everything else is absolutely customizable. Try this salad recipe with pomegranates too, and this winter fruit salad recipe when you’re ready for something sweeter.

INGREDIENTS

POMEGRANATE HONEY DIJON VINAIGRETTE

- 3 tablespoons fresh pomegranate juice
- 1 tablespoons white wine vinegar
- 1 lemon, zested and juiced, juice divided
- 1 tablespoons honey
- 1 tablespoons Dijon mustard
- ½ tsp kosher salt
- ¼ tsp black pepper
- ¾ cup extra virgin olive oil

PEAR + POMEGRANATE SALAD

- ½ cup pomegranate arils
- 1 pound salad greens
- ½ cup sliced honey roasted or toasted almonds
- 1 cup crumbled blue cheese
- 2 ripe d’Anjou pears, sliced

INSTRUCTIONS

Combine the pomegranate juice, vinegar, lemon zest, half of the lemon juice, honey, Dijon, salt and pepper in a small mixing bowl. Stir to combine. Slowly drizzle in the olive oil, whiskey vigorously to emulsify. Taste and adjust salt and pepper as desired. Alternatively, you can blend everything together in a mason jar with a stick blender.

Toss the salad greens with enough dressing to lightly coat. Top with almond slices, blue cheese crumbles, and pear slices. Finish the salad with fresh pomegranate arils.

Note: Slice the pears at the last minute to prevent browning, or toss the slices with a bit of lemon juice.

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Cheesy Baked Winter Squash with Bacon and Pomegranate

SERVES: 4 – 6 • **PREP TIME:** 30 minutes • **COOKTIME:** 25 minutes

This side dish is loaded with tender cubes of winter squash baked with smoky bacon and melted cheese. Pomegranate arils add a pop of sweet acidic flavor that balances the richness of the other ingredients. Kabocha squash cubes bake to an almost creamy texture making it the best choice for this recipe, but butternut squash can be substituted.

INGREDIENTS

- 8 ounces bacon, chopped
- ½ cup chopped yellow onion
- 2 ¼ pound kabocha squash, cut into 1-inch cubes (4 cups)
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon fresh thyme leaves, plus more for garnish
- ¼ teaspoon ground black pepper
- 6 ounces Monterey jack cheese, shredded
- ¼ cup pomegranate arils

INSTRUCTIONS

Cook the bacon in a large, 12-inch cast iron skillet over medium-high heat until the fat is rendered, and the bacon begins to brown with crisp edges, 8 to 10 minutes.

Turn off the heat and transfer the bacon to a plate covered with a paper towel to absorb the grease. Discard excess grease from the pan, leaving only 1 teaspoon in the bottom of the skillet.

Return the heat to medium-high, add the onion and cook until it begins to soften, 2 minutes. Add the squash and cook for 3 to 5 minutes, until the edges of the cubes are browned, and it is just beginning to become tender.

Remove the skillet from the burner. Stir in the salt, garlic powder, thyme, and black pepper. Return the bacon to the skillet and stir well. Bake for 5 minutes, until the squash is fork tender.

Remove the skillet from the oven and sprinkle the cheese evenly over the top of the squash and bacon. Return the skillet to the oven to bake for 3 more minutes, until the cheese is melted.

Top with the pomegranate arils and garnish with thyme before serving warm.

Grilled Eggplant with Pomegranate Sauce

SERVES: 6 to 8 as an appetizer • **PREP TIME:** 15 min. plus chilling time • **COOK TIME:** 6 min.

This chilled appetizer makes the perfect addition to an antipasto platter. The sweet and savory pomegranate sauce pairs with the smoky flavor of the eggplant for an unforgettable flavor with each bite.

INGREDIENTS

- 1 large globe eggplant (also called American eggplant)
- Salt
- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- ½ cup pomegranate syrup
- ½ cup pomegranate arils
- Minced parsley for garnish

INSTRUCTIONS

Add the cream cheese and smoked gouda to the bowl of an electric mixer fitted with the paddle attachment. Turn to low speed, then medium and mix for about 1 minute until the cheeses are combined. Scrape the sides of the bowl. Alternatively, the ingredients can be stirred together by hand.

Add the chives, dill, pistachio flour, salt, and pepper. Turn the mixer to medium-high and mix for about 2 minutes, scraping the sides of the bowl as needed, until all ingredients are mixed together and creamy.

Spoon the contents of the mixer onto a sheet of plastic wrap, large enough to wrap the cheeseball. Use the wrap to form it into an oval or log shape. Wrap tightly and refrigerate overnight or up to 24 hours.

Just before you are ready to serve, unwrap the cheeseball and place it on a serving board or plate. Gently press pomegranate arils and pistachios into the cheeseball covering the top and sides. Arrange arugula leaves around the cheese, if using. Serve with crackers.





Pomegranate and Pecan Stuffing

YIELD: 8 to 10 • **PREP TIME:** 15 minutes • **BAKE TIME:** 20 minutes

Add a sweet and colorful touch to your Thanksgiving stuffing with pomegranates. This recipe takes traditional flavors and dresses them up for the holiday. A combination of bread cubes, such as French bread and sourdough, creates an inviting mix of flavors and textures. For 16 cups of cubes, you'll need about 1½ loaves of bread. If not using pre-made cubes, cut the bread the day before making the stuffing and leave the cubes on the counter to dry out overnight.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil plus extra for baking dish
- 1 cup diced celery
- 1 cup diced yellow onion
- 2 garlic cloves, minced
- 1 teaspoon fresh rosemary, minced
- 1 teaspoon fresh thyme, minced
- 1 teaspoon dried or rubbed sage
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 cup chopped pecans
- 4 cups chicken stock
- 1 large egg
- 16 cups bread cubes
- ¾ cup pomegranate arils

INSTRUCTIONS

Grease a 2-quart casserole dish with oil.

Heat the 2 tablespoons of olive oil in a large skillet over medium-high. Add the celery, onion, and garlic. Cook until the vegetables begin to brown slightly and soften, 5 to 7 minutes.

Stir in the rosemary and thyme. Add the sage, salt, and pepper. Cook for 1 more minute. Add the pecans and cook an additional 1 minute to lightly toast the nuts. Turn off the heat and set aside.

Preheat the oven to 350°F.

Add the stock to a large bowl (large enough to hold all of the bread cubes). Add the egg to the stock and lightly whisk to blend them. Add half the bread cubes and stir until they are soaked with stock. Add the remaining bread cubes and continue to stir until the bread has absorbed all of the liquid.

Transfer the cooked vegetables from the skillet to the bowl and stir them into the stuffing. Reserve ¼ cup of the arils and then stir the remaining arils into the stuffing being careful not to burst them.

Transfer the stuffing to the prepared casserole dish. Press it into the dish with the back of your spoon so that the top is flat, and the stuffing is packed in tightly. Sprinkle the reserved pomegranate arils over the top.

Cover with a sheet of foil and bake for 30 minutes. Remove the foil and bake for 25 more minutes, until the edges of the cubes on top are lightly browned and toasted. Serve warm.

Roasted Green Beans with Pomegranates and Almonds

SERVES: 4 – 6 • **PREP TIME:** 10 minutes • **COOKTIME:** 25 minutes

While manageable for a busy weeknight, this recipe is also stunning for a grander occasion such as the holiday season. Roasting green beans brings out a nutty flavor and it's intensified by the almonds used to top the vegetables. Pomegranate arils add a touch of sweetness with a burst of juice to balance the savory flavors of the final dish and they give the serving plate a pop of appealing color.

INGREDIENTS

- 1-pound fresh green beans, trimmed
- 2 tablespoon extra virgin olive oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 small shallot, thinly sliced
- 3 garlic cloves, minced
- ¾ cup finely chopped raw almonds
- ½ cup pomegranate arils

INSTRUCTIONS

Preheat the oven to 425°F. Line a baking sheet with parchment paper.

Spread the green beans on the baking sheet and drizzle with 1 tablespoon of the olive oil. Sprinkle with a ½ teaspoon of salt and the black pepper. Stir the green beans to coat them in oil and spread in a single layer.

Bake for 15 minutes. Stir the green beans, and then bake for 5 more minutes until roasted and tender.

While the beans roast, make the almond topping. Heat the remaining 1 tablespoon of olive oil in a medium skillet over medium high heat. Add the shallot and the garlic. Cook until softened and fragrant, about 3 minutes.

Add the almonds and cook, stirring often, until lightly toasted, about 3 more minutes. Stir in the remaining ½ teaspoon of salt.

Transfer the roasted green beans to a serving bowl or platter. Spoon the almond topping over the green beans. Top with the pomegranate arils and serve.





Pomegranate Skillet Cabbage with Bacon and Parmesan

YIELD: 4 – 6 • **PREP TIME:** 15 minutes • **BAKE TIME:** 15 minutes

This side dish is loaded with tender cubes of winter squash baked with smoky bacon and melted cheese. Pomegranate arils add a pop of sweet acidic flavor that balances the richness of the other ingredients. Kabocha squash cubes bake to an almost creamy texture making it the best choice for this recipe, but butternut squash can be substituted.

INGREDIENTS

- 4 slices thick-cut bacon, chopped
- 8 cups chopped cabbage (about a 2 ½ pound head)
- ¼ cup pomegranate juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1/3 cup pomegranate arils
- Shaved aged parmesan for garnish

INSTRUCTIONS

Heat a large, deep non-stick skillet to medium heat, one that is large enough to hold all the cabbage. Add the bacon and cook until the fat is rendered, and it begins to brown and crisp, about 8 minutes.

Turn off the heat and spoon the bacon onto a plate covered in a paper towel to absorb the grease. Discard all but about a 1½ teaspoons of grease in the bottom of the skillet. Add the cabbage and return the heat to medium-high.

Cook the cabbage, stirring often, until tender, 4 to 5 minutes. Pour in the

pomegranate juice and cook for about 2 minutes to deglaze the pan, until the liquid is no longer present in the bottom of the skillet.

Turn off the heat. Add the bacon back to the skillet and stir in the salt and pepper.

Transfer to a serving dish. Top with the pomegranate arils and shaved parmesan before serving warm.







The Pomegranate Council was founded in 1997 to promote the California pomegranate industry and create awareness and purchase intent among international and domestic markets.

For more information, visit
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