

What's Cookin': Start the year off right with a salad

Happy New Year! Thought we'd best start the new year off right with a salad! This salad is still quite festive though, so for any of you who are still entertaining, this might just fit the bill!

When first encountering a pomegranate, removing the seeds can seem a daunting task! However, there is a relatively easy way.

1. Cut the very top of the pomegranate off.
2. Score the pomegranate all



Lori Gysel
& Gerry
Kentner

the way around— if you imagine that a pomegranate is like an orange, you are making segments, without cutting all the way through the flesh (just cut

through the skin).

3. Place the pomegranate in a large bowl of cold water and let soak for 5-10 minutes.

4. While the pomegranate is under water, use your hands to break it apart and remove the seeds.

5. The seeds will sink to the bottom and all the skin and membrane will float to the top.

6. Scoop the skin and membrane out.

7. Drain seeds in a colander. Eat right away or store in airtight container in the fridge for a couple of days.

Once you've learned how to remove the seeds— now use them more often! You can make juice, smoothies, sauces for meats and desserts, use them in salads or just as a snack!

Have fun and keep cooking!

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By Cory Soal
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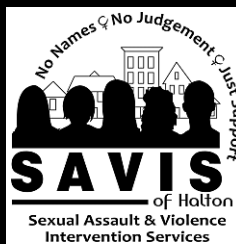


- juice of half navel orange
- zest of 1 navel orange
- 1/2 to

- 3/4 cup olive oil
- 1 head romaine hearts

Method

1. Remove seeds from half of the pomegranate and set aside.
2. Zest the orange and juice half the orange and set aside.



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