

A Pomegranate How-To

Pomegranates and pomegranate juices are flying off the store shelves these days. Touted for their antioxidant benefits, pomegranates are considered a new superfood. What is the best way to eat this fruit?

Pomegranates can be eaten as is, used as a garnish on sweet and savory dishes like yogurt or couscous or pressed like oranges to extract the juice. They are rich in potassium and contain vitamin C.

Cut a pomegranate in half and pry out the pulp-encased seeds, removing any of the light-colored membrane that may be stuck to them. Seeds can stain clothes and skin, so remove seeds under water.