

# POMEGRANATE, GARBANZO & KALE MEDLEY

<b>Culinary Intro:</b>	A stunning salad that features juicy pomegranate seeds, walnuts, creamy avocado, and heart kale.
<b>Nutrition Intro:</b>	Today we are preparing a Pomegranate, Walnut & Kale Medley, a nice combination colorful and nutrient-rich ingredients. If preparing this recipe in the community, the participants would have the opportunity to prepare the recipe themselves so they can build confidence cooking at home.

<p><b>Prep Time:</b> ½ hour  <b>Ingredients for 4 servings:</b>  <b>Each serving = 1 cup of salad</b>  <b>Cost per serving=\$1.36</b></p> <ul style="list-style-type: none"> <li>• 1 (15-ounce) can garbanzo beans, rinsed and drained</li> <li>• 4 cups chopped kale</li> <li>• ½ cup pomegranate seeds</li> <li>• 1 small avocado</li> <li>• ¼ cup walnuts, chopped</li> </ul> <p>For vinaigrette:</p> <ul style="list-style-type: none"> <li>• juice of ½ orange or lemon</li> <li>• 2 Tablespoons chopped parsley</li> <li>• 2 Tablespoons extra virgin olive oil</li> <li>• ¼ teaspoon salt</li> <li>• ½ teaspoon freshly ground black pepper</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Place the rinsed and drained garbanzo beans into a salad bowl. Wash and dry kale. Remove the leaves from the stem and chop finely.</li> <li>2. Make the vinaigrette: combine the juice of ½ orange or lemon, parsley, salt, freshly ground black pepper, and extra virgin olive oil in a jar. Seal and shake vigorously to make your vinaigrette.</li> </ol> <p>Add just enough vinaigrette to the kale to coat the leaves. Massage gently with your fingers and let sit while you continue preparing the rest of the ingredients.</p> <ol style="list-style-type: none"> <li>3. Slice the pomegranate in half. Fill a bowl with water and tap seeds out with a wooden spoon. You may need to scrape some of the seeds out. Remove ½ cup of seeds and drain.</li> <li>4. Slice the avocado in half and remove the pit. Scoop out flesh and slice into cubes.</li> <li>5. Add the pomegranate seeds, avocado, and walnuts to the kale. Stir gently to combine. Add additional vinaigrette, if necessary.</li> </ol>	<b>1</b>	<p><b>Culinary/ Nutrition Notes for Demo:</b></p> <p><b>Culinary:</b></p> <p><u>Garbanzo beans</u></p> <ul style="list-style-type: none"> <li>• delicious, creamy and nutty quality</li> <li>• rinse and drain canned beans to get rid of preservatives and excess salt</li> </ul> <p><u>Kale</u></p> <ul style="list-style-type: none"> <li>• many varieties to choose from, including curly and Lacinto → opportunity to taste and find a variety that is preferred</li> <li>• kale is known for its bitter taste, which makes it an ideal pairing for creamy and sweeter tasting ingredients</li> <li>• while kale may not be so culturally familiar, this recipe is a great way to introduce a superfood</li> </ul> <p><b>Nutrition:</b></p> <p><u>Garbanzo Beans</u></p> <ul style="list-style-type: none"> <li>• Rich supply of soluble fiber, which aids in digestion and decrease of cholesterol</li> <li>• Good source of dietary protein and iron</li> </ul>
	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• vinaigrettes are very easy to prepare → homemade vinaigrettes can allow for quality control of ingredients &amp; oil: acid ratio</li> <li>• shelf life of homemade vinaigrette= up to 1 week</li> <li>• by adding the vinaigrette and massaging, allows the kale to soften and lose some its bitter quality</li> </ul> <p><b>Nutrition:</b></p> <p><u>Kale</u></p> <ul style="list-style-type: none"> <li>• Excellent source of vitamins K,A and C; highlight their function.</li> <li>• High in carotenoids.</li> <li>• Good source of iron.</li> </ul> <p><u>Vinaigrette</u></p> <ul style="list-style-type: none"> <li>• Olive oil- health promoting oils. Boost absorption of vitamin A (carotenoid) from the Kale.</li> <li>• olive oil retains much of the nutrients of the olives due to the extraction process</li> <li>• Extraction process of olive oil: simply by crushing olives and extracting their juice. It is the only oil made without the addition of chemicals or industrial refining.</li> <li>• Parley- decreases the need to add sodium to the recipe.</li> <li>• Orange juice: fresh orange juice, loaded in vitamin C, which work in combination with the non-heme iron from Kale for optimal absorption. Excellent combination for vegetarian or vegan audience.</li> </ul>
	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• how to select a pomegranate: look for a bright red color without any soft spots; fruit should be heavy for its size</li> <li>• careful with the juice of the pomegranate seeds as it can stain; it can be messy, but quite fun, especially for children</li> <li>• pomegranate seeds can be added to parfaits, smoothies, salads, or eaten as is</li> </ul>

Nutrition Facts	
Serving Size 1 cup (184g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 230</b>	Calories from Fat 120
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 8g	32%
Sugars 7g	
Protein 8g	
Vitamin A 35%	Vitamin C 50%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

	<p><b>Nutrition:</b> <u>Pomegranate</u></p> <ul style="list-style-type: none"> <li>Strong color speaks for the antioxidant color of pomegranate.</li> <li>Antioxidant definition</li> </ul>
<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>avocados provide a bright green color and creaminess that helps make the kale more pleasant</li> <li>taste= what is sensed on the tongue; when thinking about flavor development, consider the senses</li> <li>flavor= multisensory experience so when many senses are stimulated, the flavor of a dish can be enhanced</li> </ul> <p><b>Nutrition:</b> <u>Avocado</u></p> <ul style="list-style-type: none"> <li>80% of calories come from monounsaturated, health-promoting fats.</li> <li>Aids in absorption of fat-soluble antioxidants (refer to ingredients used in the recipe).</li> <li>Surprisingly high in fiber (soluble fiber)</li> <li>Soluble fiber- helps maintain healthy cholesterol levels (other sources i.e. oats).</li> <li>antioxidants are much more concentrated closer to the skin</li> <li>Good source of vitamin E (antioxidant)</li> <li>Culturally sensitive ingredient.</li> </ul>
<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>again, note the colors and the visual appeal of the salad</li> <li>make ahead tips: kale can be dressed 1 day ahead of time, but do not add other ingredients until ready to serve</li> <li>alternatives: arugula, baby spinach</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Use the color of plant-foods as a visual guide to their content of nutrients. Each color represents a different combination of antioxidants and good-for-you nutrients, the more variety of colors you add, the better.</li> <li>Dense salad, high in heart-healthy fats. Fats make us feel satiated faster. This salad can be eaten as a meal since it has a balanced combination of carbohydrates, proteins and fats.</li> </ul>

**Clean-up/Review comments**

**Culinary:**  
This salad is a great way to enjoy many nutritious and delicious foods at once. Each one ingredient complements the next. The sweet tart flavor of the pomegranate seeds combine well with the creaminess of the avocado and the bitterness of the kale. Walnuts add a subtle crunch, as well as a nutty note. The orange and parsley pair so nicely and really bring everything together.

**Nutrition:**  
Synergy of senses/ flavor bridges with the synergy of nutrients.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 Chef's knife</li> <li>3. 1 paring knife</li> <li>4. 1 bowl for trash</li> <li>5. 1 large salad bowl</li> <li>6. mise en place cups</li> <li>7. 1 small bowl for vinaigrette</li> <li>8. 1 small whisk</li> <li>9. 1 mason jar</li> <li>10. 1 wooden spoon</li> <li>11. silicone spatula</li> <li>12. measuring cups</li> <li>13. measuring spoons</li> <li>14. paper plates/ cups/ soufflé cups</li> <li>15. paper towels</li> <li>16. tablecloth</li> <li>17. kitchen towel</li> <li>18. gloves</li> <li>19. copies of recipe</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 pomegranate</li> <li><input type="checkbox"/> 1 bunch kale</li> <li><input type="checkbox"/> 1 medium-sized avocado</li> <li><input type="checkbox"/> 1 orange</li> <li><input type="checkbox"/> 1 bunch parsley</li> </ul>	
	<p><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> small package of walnuts</li> <li><input type="checkbox"/> 1 (15 ounce) can garbanzo beans</li> </ul>	
	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> extra virgin olive oil</li> <li><input type="checkbox"/> salt</li> <li><input type="checkbox"/> black pepper</li> </ul>	
	<p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> plates/bowls, forks, napkins, paper towels</li> </ul>	
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Remove seeds from half a pomegranate; save the other half for demo</li> <li>• Combine kale with dressing; reserve two leaves of kale intact for demo</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the parsley, orange, and avocado intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation: 1 hour</b></p>		