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### **Unique, Seasonal Salsa**

Place a bowl of this attractive dish on any festive table and serve up some delicious cancer-fighting phytochemicals. This quick and easy recipe has many satisfying combinations - savory, sweet, crunchy, juicy, bright and colorful. Once prepared it can be served as an appetizer with baked whole-grain pita chips or used to top salad, salmon, chicken or plain yogurt.

### **Pomegranate Salsa**

1 cup pomegranate arils  
1/2 nectarine, peach or Fuji apple, finely chopped  
1 Tbsp. finely chopped red onion  
2 tsp. finely chopped jalapeno pepper, optional  
2 tsp. pomegranate molasses or 2 Tbsp. pomegranate juice  
1/4 tsp. salt  
Freshly ground black pepper  
1/4 cup chopped cilantro

In bowl, use fork to combine pomegranate arils, nectarine, onion, jalapeno (if using), pomegranate molasses, salt and 3-4 grinds pepper. Mix in cilantro. Let salsa sit for 10 minutes so flavors can meld.

Serve as accompaniment with chicken, turkey, pork chops or grilled shrimp. Sprinkle over green salad, combine with cooked quinoa or add a spoonful to garnish a bowl of butternut squash soup. Salsa keeps for 2 days, tightly covered in refrigerator.

Makes about 1½ cups.

Per 2 tablespoon serving: 19 calories, <1 g total fat (0 g saturated fat), 4 g carbohydrate, <1 g protein, 1 g dietary fiber, 60 mg sodium.

