

Weird and Wonderful this Summer

Pomegranate & Radish

Health Benefits of Pomegranates

- ✓ Rich in vitamin C, vitamin K, and potassium
- ✓ Pomegranate juice helps to lower blood pressure
- ✓ One glass of pomegranate juice has more antioxidants than red wine, green tea, blueberries and cranberries
- ✓ Fights heart disease and cancer
- ✓ ½ of the seeds contains 72 calories, 1g of fat, and 3.5g of fibre

Health Benefits of Radishes

- ✓ Good source of vitamin C
- ✓ High in folate, potassium, and copper
- ✓ High in fibre which keeps your digestive system to function optimally
- ✓ Regulates blood pressure

Spinach & Pomegranate Salad (Serves 4)

Ingredients:

- 1 (10 oz) bag of baby spinach leaves, rinsed and drained
- ¼ red onion, sliced very thinly
- ½ cup walnut pieces
- ½ cup crumbled feta
- seeds of 1 pomegranate
- 4 tbsp. balsamic vinaigrette

Directions:

1. Place spinach in a salad bowl.
2. Top with red onion, walnuts, and feta.
3. Sprinkle pomegranate seeds over the salad and drizzle with vinaigrette.



Mac's More Rockin' Radish Salad (Serves 4)

Ingredients:

- 1 bunch of radishes, rinsed, trimmed, thinly sliced
- 1 english cucumber, peeled and diced
- 2 sweet oranges, sectioned and diced
- 2 tbsp. fresh mint, finely chopped
- 3 tbsp. olive oil
- 1 tsp. kosher salt
- 3 tbsp. apple cider vinegar
- 1 tbsp. honey, warmed to thin
- freshly ground black pepper to taste

Directions:

1. In a large bowl, mix together radishes, cucumbers, orange, onion and mint. Add the olive oil and toss until salad-fixings are well-coated. Add salt and toss. Add vinegar and toss. Add honey and toss. Season with black pepper. Serve immediately