

THE COLOURS OF THE SEASON

THE RICHNESS OF RED

Red. It's the colour of our cheeks after a cold crisp winter morning; the brilliant color of berries adorning store windows and homes for the month of December. This time of year, we can be inspired to enjoy the radiance of red, and it can be not only fun but beneficial to extend the color RED to our plates and palettes.

Pomegranate Chicken



Heat the oil in a casserole dish over medium heat. Season the chicken with salt, pepper, paprika, then brown in the oil for 7-8 minutes. Remove and set on a plate.

In the same pan, add a splash of oil with the onions. Stir well, while loosening the sticky bits at the bottom of the pan. Cook slowly for 15 minutes, until onions are soft, adding the garlic, chilli and coriander for the last 5 minutes. Stir in the tomato sauce, molasses and pomegranate juice, season well, then bring to the boil.

Return the chicken with any juices to the pan, cover and lower heat. Simmer for 30 minutes, until the chicken is cooked, and the sauce has thickened, checking often that it's not sticking. Toss the rice with extra coriander, then place the chicken on top and scatter with pomegranate seeds.

- 1-2 tbsp. olive oil
- 1 whole chicken in pieces
- 1 tsp paprika
- 2 onions, sliced
- 4 cloves of garlic, chopped
- 1 red chilli, finely sliced
- 2 tbsp. fresh coriander, (finely chopped)
- 1 can tomato sauce
- 4 tbsp pomegranate molasses
- 200 ml pomegranate juice
- Boiled rice
- Pomegranate seeds

For added polyphenols combine your dish with a glass of red wine. You will get the most benefit from Pinot Noir which has been shown to have the highest resveratrol content.

Servings: 4 Calories per serving: 479 Fat: 16g Protein: 48g Carbs: 36g Sugar: 29g Sodium: 2.2g Fibre: 3.6g

*Pomegranate molasses can be found in Asian grocery stores or simmer some juice until it thickens.

Source: <https://www.jamieoliver.com/recipes/chicken-recipes/pomegranate-chicken-stew/>



The colour red in foods signifies the presence of a powerful antioxidant known as resveratrol. Resveratrol is a powerful polyphenol which acts like a scavenger for unstable molecules that cause damage to our cells. This damage can put you at a higher risk of heart disease and cancer. Found in holiday themed foods such as red wine, cranberries, pomegranates, the holiday season is a great month to integrate red rich foods!

Chocolate Cranberry Trail Mix

- 1 package 80% dark chocolate chips
- 1-1/2 cups dried cranberries
- 1-1/2 cups sliced almonds
- 1 cup raisins
- 1 cup coarsely chopped walnuts
- 1/2 cup pistachios



Cut down on holiday overindulgence by having convenient nutrient dense snacks on hand. Trail mix in your purse/bag, car, or on the counter can keep you satiated and avoid fast food and unhealthy snacks.

Servings: 24 Serving size: 1/4 cup Calories per serving: 176 Fat: 11g Sodium: 16mg Carbs: 21g Sugar: 15g, Fibre: 3g Protein: 3g

Source: <https://www.tasteofhome.com/recipes/cranberry-dark-chocolate-trail-mix>