

Arbor Management's Nutrition Bulletin



November 2023

Nutrition in November

The cold weather does not have to derail your healthy habits. There are still many fruits and vegetables in season right now. For the freshest produce look for: apples, Brussels sprouts, pears, sweet potatoes, winter squash, kale, spinach, pomegranates, and mangos.

Outdoor Fall Activities:

- Participate in a Turkey Trot.
- Take a fall hike to see the changing leaves.
- Visit the apple orchard.
- Get the family together to rake leaves – compete to see who can make the largest pile.



Food Focus of the Month – Pomegranates

It's pomegranate season! Pomegranates are a tropical round fruit with thick skin. They grow in hot and dry regions. The only edible portion of the fruit are the seeds. Each pomegranate contains hundreds of seeds to enjoy.

Pomegranates are high in phenols, folate, potassium, and vitamins C and K. Pomegranates are packed full of antioxidants (phenol & vitamins C) which help reduce inflammation in the body.

So how do you get the seeds? After washing, slice the pomegranate in half horizontally. Place the pomegranate, cut side down, in your non-dominant hand and put a bowl underneath your hand. With a wooden spoon, firmly tap the pomegranate so that the seeds fall out. Repeat with the other half.

Pomegranate seeds make a great snack on their own, are a wonderful addition to salads, a nice garnish for asparagus, and even pair well on top of cooked chicken breast.

POMEGRANATE TRIVIA

- Once ripe, pomegranates will make a metallic sound when tapped.
- Pomegranate trees can live for over 200 years.
- Whole pomegranates can be stored for up to 2 months in the refrigerator.



**HAPPY
THANKSGIVING!**



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RECIPE OF THE MONTH

Apple Pecan Fall Salad

Makes 6 servings.

Salad Ingredients:

- 3 c kale, chopped & massaged
- 3 c spring mix
- 1 apple, diced
- 1 pear, diced
- 1/2 c blue cheese
- 1/2 c chopped pecans
- 1/3 c pomegranate seeds

Honey Mustard Dressing:

- 1/2 c extra virgin olive oil
- 1/4 c fresh lime juice
- 2 T honey
- 1 t Dijon mustard
- 1/2 t ground pepper

Instructions:

1. In a jar, combine all the ingredients for the dressing and shake to combine.
2. In a large bowl, combine all salad ingredients and toss. Serve with dressing on side.

Recipe Adapted from: Simple Joy