

Phytopia® Tidbits and Recipe

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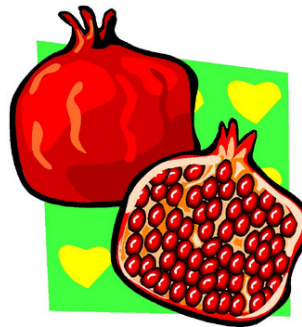
Phyto-Flavors:

Here's a challenge for you -- try at least one new fruit or veggie this season! I rediscovered pomegranate seeds recently. What a beautiful and flavorful taste sensation – a burst of sweet and tart at the same time. Pomegranate juice was shown to have impressive amounts of polyphenols such as tannins, anthocyanins, catechins and ellagic acid by Gil, et al. (*J Agric Food Chem* 2000; 10:4581-9) Because of the potent antioxidant capacity, pomegranate juice has been tested on patients suffering from cardiovascular disease and the results are impressive.

To learn more- go to www.pomwonderful.com/.

Here's how to get into the crimson colored, odd looking fruit – just cut it into quarters with a

large, sharp knife. Some juice will ooze out, so keep it off your clothes.



Now, start picking the seeds out into a bowl. (There's also a method described on the website below.) You will reap between and ½ and ¾ cup of seeds per fruit.

What to do with them?

www.pomegranates.org has information and recipes, but you don't need a recipe to:

- sprinkle seeds on a mixed green salad
- mix seeds into plain, nonfat yogurt - add a little sweetener, if you like
- eat the seeds from a bowl with a spoon
- mix seeds into your morning cereal

Pomegranate juice is now available in many supermarkets under the **POM Wonderful** label. It is available as 100% pomegranate juice or mixed with tangerine, cherry, blueberry and mango for sweetness. It is a little tart to drink, but delightful to cook with. Try poaching pears or apples for a beautiful winter

Quick Bites from Barbara



Now that summer is officially over, do you find yourself longing for different foods and

flavors? With cooler weather and less sunshine, we may crave stews, soups and casseroles—warmer and richer tasting dishes. As naturally as the seasons change, so do our tastes. Myriad of fall veggies such as squashes, sweet pota-

toes, Brussels sprouts, and fennel are bursting with flavor and phytochemicals. For some enlightening information about these fall favorites go to www.phytoxia.com/fallveggies.htm



ORAC

Have you heard of ORAC? The acronym for Oxygen Radical Activity Capacity—an assay method developed in 1993 to determine free radical scavenging activity. Since then, Dr. Ron Prior at the USDA Human Nutrition Research Center and other scientists have further developed the test so it is now capable of measuring the total antioxidant capacity of various foods. At the same time, they measured the total

phenolic content of these foods to determine their contribution to total antioxidant activity. Prior's research resulted in the ranking of over 100 fruits, vegetables, nuts, dried fruits, spices cereals and other foods.

(*J. Agric. Food Chem.* Vol 52, No 12, 2004.)

The media picked up on the top ranked wild blueberries making this tiny, purple berry the latest darling of fruits. More good news is

that these wild berries are both organic and readily available. They are marketed under the *Safeway Select* brand and are in the freezer section of those stores. An easy way to include these powerhouses is to add ¼ cup to your breakfast cereal. No need to defrost, they quickly warm up!

Spiced Sweet Potato Chunks

Try to find Garnet sweet potatoes, also called red yams; they are intensely flavorful and moist. Don't wait for Thanksgiving, have these tonight!

- Olive oil or butter flavored cooking spray
- 1 ½ - 2 pounds Garnet sweet potatoes, peeled and cut into ¾-inch chunks
- 1 tablespoon olive oil
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- ½ teaspoon ground ginger
- ¼ teaspoon salt
- 1 tablespoon water

Pre-prep: Peel and cut sweet potatoes into chunks.

Preheat oven to 425 degrees F. Coat a 13 X 9-inch baking dish with cooking spray; add sweet potatoes and drizzle with olive oil. Stir well.

Sprinkle cinnamon, coriander, and ginger over the sweet potato chunks and stir to coat all sides. Add water and spray again with the non-stick spray. Cover loosely with aluminum foil. Bake 15 minutes, remove foil and stir.

Continue to roast another 5-10 minutes or until chunks are easily pierced with a fork.

Serves 4. Each serving has approximately:

Calories: 182

Cholesterol: None

Dietary Fiber: 4.6 g

Total Fat: 3.8 g

Sodium: 18 mg

Protein: 2 g

Sat. Fat: 0.6 g

Carbohydrate: 35 g

Calcium: 39 m

