



HOLIDAY RECIPES

Pomegranate Chickpea Salad

Ingredients:

- 2 (15 oz.) cans of chickpeas
- 1 large cucumber (chopped)
- 1 tbsp. of lemon juice (1/2 lemon)
- 2 tbsp. of olive oil
- 1 pomegranate
- 1/4 cup of parsley (chopped)
- 2 oz. of feta cheese
- 1/4 tsp. of black pepper

Arils are
the extra
seed-covering

Instructions:

Combine chickpeas and chopped cucumber in a medium mixing bowl.

Toss with olive oil and lemon juice.

Remove arils from the pomegranate by slicing the pomegranate in half. Pull on the flesh gently to loosen the arils. Over a bowl, place the cut side down in your hand and hit the top with a wooden spoon. If they do not fall out easily, you can gently pull apart the flesh to get the arils out.

Gently stir in half of the arils from the pomegranate, parsley, and pepper.

To serve, sprinkle the top of the salad with feta and garnish with pomegranate arils.

*The leftover pomegranate arils can be stored in the refrigerator for a delicious snack.

Serves 4-6

Recipe from Natural Comfort Kitchen



JUNIOR LEAGUE OF
THE PALM BEACHES



HOLIDAY RECIPES

Fruit Tree

Ingredients:

- 4 kiwis (sliced)
- 2 tbsp. of pomegranate arils
- 2 tbsp. of blueberries
- 2 thick slices of pear

Instructions:

Arrange kiwi on a plate in shape of a pine tree. Sprinkle with pomegranate arils and blueberries.

Place a pear slice on a cutting board. Use small star cookie cutter or knife to cut out a star. Place the star on top of the tree. Use the remaining pear slice to create a tree trunk.

Serves 4

Recipe from Healthy Family Project

Homemade Hummus

Ingredients:

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| • 1 (15 oz.) can of chickpeas | • 1 clove of garlic (minced) |
| • 2 tbsp. of olive oil | • 3/4 tsp. of cumin |
| • 1 tbsp. of lemon juice (1/2 lemon) | • 1/4 tsp. of salt |

Instructions:

Add the garbanzo beans, 2 tablespoons of water, olive oil, lemon juice, garlic, cumin, and salt to a food processor.

Process until smooth and creamy. If needed, add additional water to thin out the hummus. Serve with colorful vegetables.

Store covered in the refrigerator.

Serves 4-6

Recipe from The Wholesome Dish



About the Junior League of the Palm Beaches

The Junior League of the Palm Beaches is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Our purpose is exclusively educational and charitable. Since 1941, the Junior League of the Palm Beaches has been an integral part of the community. It is part of the Association of Junior Leagues International, which is comprised of 291 Junior Leagues across the United States and in four countries. Learn more at jlpb.org.



About Kids in the Kitchen

The Association of Junior Leagues International, Inc. and most of its member Leagues are ardent supporters of the fight against childhood obesity. To combat the problem, the organization believes it is necessary to educate children and their families about nutrition and fitness via hands-on initiatives such as its Kids in the Kitchen program. The initiative is grounded in the belief that children (and families) empowered with the knowledge of how to feed and exercise their bodies will be less likely to become obese and subsequently suffer many associated health risks.

