

Healthy Eating

Written by Bob Skolnick

Photography by Marty Snortum Studio

Santa Cruz Fresh Fruit & Vegetable Stew

Serves 8

This is a fresh fruits and vegetable dish. You can substitute any fresh fruits of your choice.

Ingredients

- 1/2 cup bananas, sliced
- 1/2 cup red delicious apple, diced
- 1 cup avocado, diced
- 1 cup jicama, diced
- 1/2 cup dates, pitted and sliced
- 1/2 cup figs, sliced
- 1/2 cup kiwi, peeled and diced
- 1 cup strawberries, diced
- 1/2 cup blackberries
- 1/2 cup raspberries
- 1/2 cup blueberries
- 1/2 cup pomegranate seeds
- 1/4 cup tamarind roasted pumpkin seeds

Sauce

- 2 cups orange juice, fresh squeezed
- 1/2 cups lemon juice, fresh squeezed
- 1 cup strawberries, whole
- 1 cup dates, pitted whole
- 1 cup banana
- 1 tsp jalapeno, seeded and minced

To Prepare Sauce

1. In a blender combine orange juice, lemon juice, dates, whole strawberries, bananas and jalapenos and puree until smooth and creamy.

To Serve

1. Place all of the cut fruits and vegetables in a glass mixing bowl and toss gently, taking care note to crush any of the cut items.
2. Pour over the creamy blended fruit juice and gently mix in to completely cover.
3. Garnish with whole fresh berries and sprinkle the top with tamarind roasted pumpkin seeds.



Pumpkin Seeds



Pumpkins not only generously yield their flesh for delicious pies and offer their firm rinds for jack-o-lanterns at Halloween, but these remarkable orbs also give us seeds that can be roasted. Roasted pumpkin seeds have a rich, almost peanut-like flavor and can be eaten as snacks or added to soup, salads and casseroles. Adding pumpkin seeds to rice pilafs provides for a flavorful and crunchy version of this rice dish. Pumpkin seeds can also be ground and used to make a sauce. They can be found typically shelled and roasted in health food stores or organic markets. In Spanish markets they may be labeled as "pepitas"

You can also roast your own by seasoning them and lightly coating them with oil. Spread on a cookie sheet and bake in a 375-degree oven for 45 minutes until they are golden brown.

Pumpkin seeds are rich in vitamin E, iron, magnesium, and zinc. In addition they provide both essential and unsaturated fatty acids.

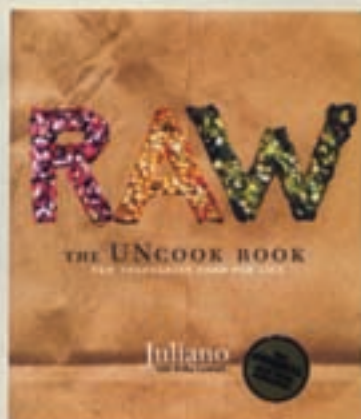
Hulled Pumpkin Seeds - 1 Ounce

Calories: 153	Protein: 7 gram
Calories from fat: 1.8	Fiber: 1.1 grams
Total fat: 13 grams	Potassium: 229 mg
Saturated fat: 2.5 grams	Sodium: 5 mg
Cholesterol: 0 mg	Vitamin E: 3.1 mg
Sodium: 2.9 mg	Iron: 4.3 mg
Carbohydrate: 5 grams	Zinc: 2.1

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By Juliano, with help from Erika Lenkert



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