Roasted California Walnut Gremolata

1 Cup roasted California walnuts, chopped
1/2 Cup fresh parsley, chopped, stems removed
2 Tablespoons lemon zest
1 Tablespoon mild yellow curry powder
1/2 teaspoon kosher salt

Soup

3/4 Cup extra virgin olive oil
4 Shallots, large, thinly sliced
2 Garlic cloves, fresh, thinly sliced
2 Bay leaves
2 teaspoons fresh thyme, stem removed
1 Cauliflower, cored
6 Cups vegetable stock
1 Cup coconut milk
1 Tablespoon mild yellow curry powder
1 Cup roasted California walnuts
Salt and pepper to taste
Roasted California Walnut Gremolata, as needed for garnish

INGREDIENTS

Vegetable Stock

Water
Broth
Ginger
Garlic
Salt
Sugar
Coriander
Basil
Cumin
Parsley
Dill
Rice
Lentil
Spinach
Eggplant
Chickpea
Tomato
Garlic
Onion
Pepper
Mushroom
Strawberry
Lemon
Lime
Broccoli
Carrot
Potato
Zucchini
Butternut
Cucumber
Tomato
Cauliflower
Kale
Collard
Orzo
Edamame
Quinoa
Farro
Black Bean
Kidney Bean
Garbanzo Bean
Red Kidney Bean
Cherry Tomato
Romaine Lettuce
Lettuce
Red Pepper
Green Pepper
Yellow Pepper
Butternut Squash
Cauliflower
Broccoli
Zucchini
Cucumber
Tomato
Lettuce
Romaine

INGREDIENTS

Roasted California Walnut and Cauliflower Soup

1 Cup roasted California walnuts
1/2 Cup chopped onions
1 Tablespoon white sesame oil
1/2 Cup diced yellow bell pepper
1 Tablespoon minced jalapeño pepper
1 Cup fresh spinach
4 Beaten eggs
1/4 Cup shredded Monterey Jack cheese
Salt and pepper to taste
Toasted California walnut, chopped
Cilantro leaves

INGREDIENTS

Korean-Style California Walnuts

12 C San Marzano tomatoes, canned
6 C roasted California walnuts
1 1/2 Tablespoons fennel seeds, finely crushed
1 Tablespoon rosemary, dried
1 Tablespoon basil, dried
1 Tablespoon onion powder
1 Tablespoon garlic powder
1 Tablespoon sea salt

INGREDIENTS

No Cook California Walnut (Meat-Free) Bolognese

2 C roasted California walnuts
3/4 Cup grated Parmesan cheese
6 stalks green garlic, finely chopped
1/2 C mascarpone cheese
1 tsp kosher salt
1/4 tsp black pepper

INGREDIENTS

Walnut and Pork-Stuffed Agnolotti

2 C roasted California walnuts
3/4 lb pork shoulder
1/2 C grated Parmesan cheese
6 Green garlic stalks, finely chopped
1/2 C mascarpone cheese
1 tsp kosher salt
1/4 tsp black pepper

INGREDIENTS

Parsnip Walnut Cake

1 1/4 Cups all-purpose flour
3/4 tsp baking powder
1 3/4 tsp baking soda
1 1/2 tsp salt
1/4 tsp ground cinnamon
1/4 tsp ground ginger
1/4 tsp ground cloves
1 1/4 Cups sugar
1 Cup canola oil
1 1/2 teaspoons vanilla extract
2 1/2 Eggs
1 2/3 Cups parsnips, peeled, finely grated
1/2 Cup green apples, peeled, grated
3/4 Cup roasted California walnuts, finely ground

INGREDIENTS

Walnut Praline Crumble

2/3 Cup roasted California walnuts
1/3 Cup demerara or turbinado sugar
1/4 Cup tapioca starch
2 Tablespoons melted butter
3/4 teaspoon salt

INGREDIENTS

Walnut Butter

1 1/2 Cups roasted California walnuts
1 1/2 Tablespoons walnut oil (or neutral)
1/8 teaspoon salt

INGREDIENTS

Trending >>

PLANT-BASED EATING with California Walnuts

Discover the countless ways walnuts add flavor, crunch and depth to every course, from savory appetizers to hearty entrees and delicious desserts. Plant-based eating offers a diet higher in unsaturated fats and fiber, both of which support better health. It can be more nutrient-dense, and contain more vitamins, minerals and phytonutrients, all which help to reduce your risk for chronic disease. For more information visit Walnuts.org

Trending >>

Meatless Meals

1 Cup small cauliflower, cut into 1/2" pieces
1/4 lb California walnut pieces
1 Tablespoons vegetable oil
1 Tablespoons sesame oil
3/4 Cup minced onion
2 Tablespoons minced garlic
3/4 Cup diced dates
3 Tablespoons gochujang red chili paste
2 Tablespoons low-sodium soy sauce

INGREDIENTS

Korean-Style California Walnuts

INGREDIENTS

No Cook California Walnut (Meat-Free) Bolognese

INGREDIENTS

Walnut and Pork-Stuffed Agnolotti

INGREDIENTS

Parsnip Walnut Cake

INGREDIENTS

Walnut Praline Crumble

INGREDIENTS

Walnut Butter

INGREDIENTS

Trending >>

Breakfast All Day

INGREDIENTS

Walnut Soups

INGREDIENTS

Trending >>

Trending >>

Trending >>

Trending >>

Trending >>

Trending >>

Trending >>

Trending >>
**Parsnip Walnut Cake**

**WALNUT AND PORK-STUFFED AGNOLOTTI**

**KOREAN-STYLE CALIFORNIA WALNUT “MEAT”**

**NO COOK CALIFORNIA WALNUT (MEAT-FREE) BOLOGNESE**

**ROASTED CALIFORNIA WALNUT AND CAULIFLOWER SOUP**

**WALNUT “CHORIZO” FRITTATA**

---

**DIRECTIONS**

1. Preheat oven to 300°F. Prepare a quarter sheet pan with parchment and spray with cooking spray.

2. In a mixing bowl, add flour and kosher salt. Mix thoroughly and make a well.

3. Place all ingredients in a food processor and pulse until walnuts are chopped.

4. Pass through a fine mesh sieve.

---

**DIRECTIONS**

1. Place all ingredients in a food processor and pulse until mixture is finely chopped.

2. Add garlic, bay leaves, thyme and cauliflower. Cover pot and sweat until shallots are translucent.

3. Add remaining ingredients, except salt, pepper and walnuts, and cook for 5 minutes.

4. Pass through a fine mesh sieve.

---

**DIRECTIONS**

1. Preheat oven to 375°F. Heat oil in a small skillet over medium heat. Add onion and cook until golden.

2. Reduce heat in the oven to 350°F and toast walnuts until lightly toasted. 

3. Heat a skillet with sesame oil and add onions. Sauté until lightly browned, about half an hour.

4. Cut the pasta into rectangular sheets. As the sheet of pasta comes off the pasta machine, fold it and run it through a pasta maker on one of the thicker settings.

5. Pass through a fine mesh sieve.

---

**DIRECTIONS**

1. Toast walnuts 300°F until lightly golden.

2. Sift together dried ingredients and set aside. Cream the sugar and oil in the cream of wheat mixture. Add whole eggs and egg yolk, extra virgin olive oil, and water if necessary. Mix and knead by hand or with a dough hook until dough forms and pulls away from the bowl. Portion pasta dough into 5-ounce dough balls. Keep covered to prevent drying.

3. Place all ingredients in a food processor and pulse until mixture is finely chopped.

4. Cut the pasta into rectangular sheets. As the sheet of pasta comes off the pasta machine, fold it and run it through a pasta maker on one of the thicker settings.

5. Fold the pasta sheet and run it through the pasta maker again.

---

**The Nutritional Benefits of Walnuts**

Walnuts are the only nut with a significant amount of alpha-linolenic acid (ALA), the plant-based omega-3. Omega-3s are already associated with brain function, mental health and cardiovascular health.

**The Only Nut Significantly High in Omega-3s**

**Nut**

| Nut | ALA, g/1 oz | Source | 20% DRV of ALA
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Walnuts</td>
<td>2.5</td>
<td>Plant-based omega-3.</td>
<td>1</td>
</tr>
<tr>
<td>Pistachios</td>
<td>0.5</td>
<td>Plant-based omega-3.</td>
<td>1</td>
</tr>
<tr>
<td>Peanuts</td>
<td>1.5</td>
<td>Plant-based omega-3.</td>
<td>1</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>1</td>
<td>Plant-based omega-3.</td>
<td>1</td>
</tr>
</tbody>
</table>

**For additional resources and uses, visit walnuts.org**