HEART-HEALTHY WALNUT RECIPES

AVOCADO, ARUGULA, TOMATO, AND WALNUT TOAST

BREAKFAST QUINOA WITH WALNUT CREAM AND BLUEBERRIES

BUTTERNUT SQUASH, QUINOA, PEAR, AND WALNUT BOWL

SLOW COOKER ASIAN PULLED CHICKEN WITH HONEYED WALNUT COLESLAW

TOASTED WALNUT, BLACK BEAN, CORN, AND TOMATO SALAD

SWEET AND SPICY WALNUTS
AVOCADO, ARUGULA, TOMATO, AND WALNUT TOAST

**INGREDIENTS**
- 1 1/2 lb chicken breasts, skinless, boneless
- 2 tsp Sriracha
- 2 tsp Garlic powder
- 2 tsp Ginger, freshly grated
- 1 tsp Hoisin sauce
- 1 tsp Soy sauce, reduced-sodium
- 1 1/2 C Butternut squash, 1-inch cubes
- 6 Tbsp olive oil
- 2 tsp Dijon mustard
- 1/8 tsp Salt
- 1/8 tsp Black pepper
- 1 tsp Rosemary, dried
- 1 tsp Thyme, dried
- 1 tsp Paprika
- 1/3 C Feta cheese, reduced fat
- 1 Can White beans, (15.5 ounce), low sodium
- 3 Pears, medium, thinly sliced
- 9 C Mixed greens
- 1/3 C Baby arugula
- 1/4 Avocado

**PREPARATION:**
1. Preheat oven to 400°F.
2. Drizzle butternut squash cubes with 1 teaspoon olive oil and sprinkle with salt and pepper. Bake for 10-15 minutes until tender and lightly caramelized, flipping chunks after 5 minutes.
3. Rinse quinoa under cold water. Bring vegetable broth to a boil in a medium saucepan. Remove from heat and set aside to cool for a few minutes, then fluff the quinoa up with a fork.
4. Mix sugar with cayenne pepper and toss with the walnuts and egg whites. Spread mashed avocado evenly onto each toast slice.
5. For the Balsamic Vinaigrette, combine ½ cup olive oil, balsamic vinegar, mustard, 1/8 tsp salt, 1/8 tsp black pepper, 1 tsp Dijon mustard, and orange zest to a boil over high heat. Turn the heat to low, cover and simmer for 2-3 minutes. Set aside.
7. Equally distribute walnuts, black beans, corn, mozzarella, tomatoes, scallions, pears, and arugula over toast. Top with a dollop of the remaining walnut cream, a small handful of blueberries, spread of balsamic vinaigrette, and lime wedges.

**SERVING SIZE:**
1/8 of recipe

**NUTRITION INFORMATION PER SERVING:**
- Calories: 500
- Total Fat: 27g
- Saturated Fat: 3g
- Monounsaturated Fat: 3g
- Polyunsaturated Fat: 8g
- Cholesterol: 63mg
- Sodium: 360mg
- Carbohydrate: 12g
- Dietary Fiber: 6g
- Total Sugars: 5g
- Protein: 26g

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SLOW COOKER ASIAN PULLED CHICKEN WITH HONEYED WALNUT COLESLAW

**INGREDIENTS**
- 1 tsp Sesame oil
- 2 Tbsp Seasoned rice vinegar
- 2 tsp Sriracha
- 2 tsp Ginger, freshly grated
- 1 Tbsp Garlic powder
- 1 tsp Hoisin sauce
- 1 tsp Soy sauce, reduced-sodium
- 1/3 C Feta cheese, reduced fat
- 1 Can White beans, (15.5 ounce), low sodium
- 3 Pears, medium, thinly sliced
- 9 C Mixed greens
- 1/3 C Baby arugula
- 1/4 Avocado

**PREPARATION:**
1. Place chicken in slow cooker. Combine soy sauce, hoisin sauce, rice vinegar, Sriracha, ginger, and garlic. Pour over chicken.
2. Cover and cook chicken on high for 4 hours, until the thickest part of the breasts is no longer pink. Keep covered on warm until ready to serve. Refrigerate in an airtight container.
3. When ready to serve add baby spinach and kale greens to toasted walnut, black beans, corn, mozzarella, tomatoes, scallions, pears, and arugula. Serve with lime wedges.

**SERVING SIZE:**
1/8 of recipe

**NUTRITION INFORMATION PER SERVING:**
- Calories: 348
- Total Fat: 12g
- Saturated Fat: 2g
- Monounsaturated Fat: 6g
- Polyunsaturated Fat: 8g
- Cholesterol: 0mg
- Sodium: 446mg
- Carbohydrate: 17g
- Dietary Fiber: 11g
- Total Sugars: 5g
- Protein: 34g

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BUTTERNUT SQUASH, PEAR, AND WALNUT RELISH

**INGREDIENTS**
- 1/4 C Honey
- 2 tsp Maple syrup
- 1 tsp Ground cinnamon
- 1/8 tsp Nutmeg, ground or grated
- 1 C Quinoa
- 3 Tbsp White wine
- 1 tbsp Olive oil
- 1 tsp Rosemary, dried
- 1 tsp Thyme, dried
- 1/8 tsp Black pepper
- 1 1/2 C Butternut squash, 1-inch cubes
- 3 Pears, medium, thinly sliced
- 9 C Mixed greens

**PREPARATION:**
1. In a large saucepan bring the quinoa, 2 cups of water, sea salt, cinnamon, ginger, nutmeg, and 2 tablespoons olive oil to a boil. Reduce heat, cover, and simmer for 20 minutes until the water is absorbed, about 15 minutes. Remove from heat and set aside to cool.
2. Stir 1/4 cup of walnut cream with orange juice, maple syrup, and cooked quinoa. Stir well and refrigerate in an airtight container.
3. Spread mashed avocado evenly onto each toast slice.
5. Stir 2 tablespoons orange zest into cooked quinoa in a bowl. Allow to cool for a few minutes, then fluff up with a fork.
6. Equally distribute walnuts, black beans, corn, mozzarella, tomatoes, scallions, pears, and arugula over toast. Top with a dollop of the remaining walnut cream, a small handful of blueberries, spread of balsamic vinaigrette, and lime wedges.

**SERVING SIZE:**
1/8 of recipe

**NUTRITION INFORMATION PER SERVING:**
- Calories: 260
- Total Fat: 16g
- Saturated Fat: 1.5g
- Monounsaturated Fat: 3g
- Polyunsaturated Fat: 4g
- Cholesterol: 5mg
- Sodium: 10mg
- Carbohydrate: 3g
- Dietary Fiber: 7g
- Total Sugars: 2g
- Protein: 2g

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WALNUT... **ONLY NUT**

WALNUTS.... THE ONLY NUT... that contains a unique combination of omega-3s, the plant-based omega-3. One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat, including 2.5g of omega-3 (DHA & EPA) that can help support heart health, blood pressure, inflammation, and heart disease. A study in the *American Journal of Clinical Nutrition* concluded that consuming a walnut daily provides a health benefit not seen by eating any other nut. Walnuts also provide magnesium and help improve insulin resistance, blood pressure, and the ratio of good cholesterol (HDL) to bad cholesterol (LDL). One ounce of walnuts provides 140mg potassium, 11g total carbohydrate, 2g dietary fiber, 7g total sugars, 5g protein.