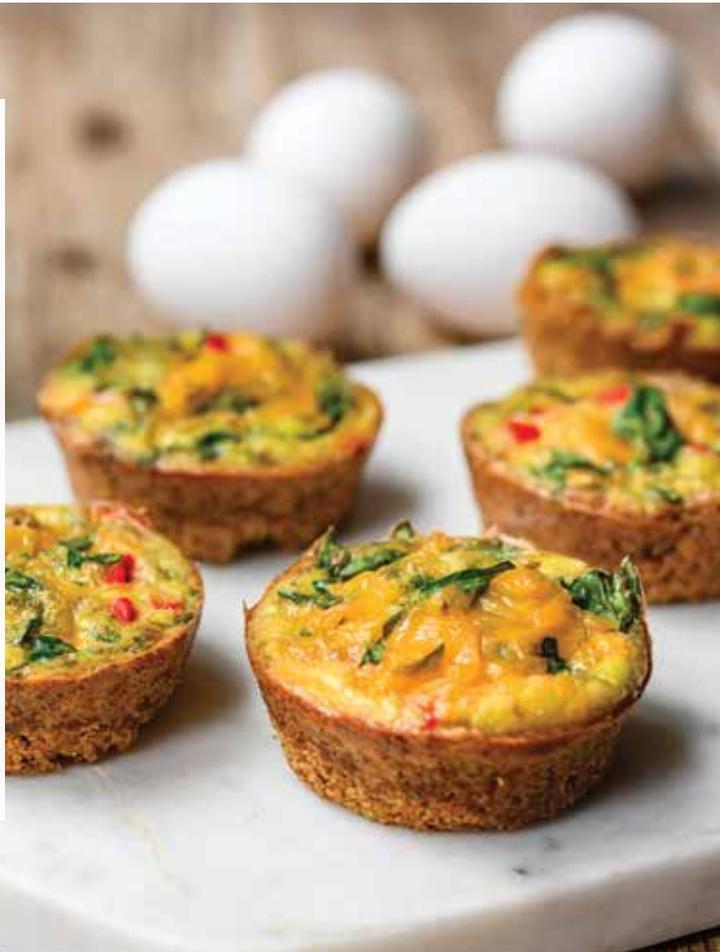


## HEART-HEALTHY\* WALNUT RECIPE

# Walnut & Oat Crusted Veggie Egg Cups

The perfect grab-and-go breakfast, these Walnut & Oat Crusted Veggie Egg Cups are great to meal prep for the week.



# Walnut & Oat Crusted Veggie Egg Cups Recipe by Beth Stark, RDN, LDN



## INGREDIENTS

- Cooking spray
- 1½ C Old fashioned oats
- ¾ C California walnuts, chopped
- ¼ C Extra virgin olive oil
- ¼ tsp Salt
- 2 Tbsp Cold water
- 9 Eggs, large
- ½ tsp Garlic powder
- 1 tsp Oregano leaves, dried
- 1 Tbsp Dijon mustard, stone ground
- 1 C Baby spinach, coarsely chopped
- 1 Red bell pepper, small, diced
- ¾ C Cheddar cheese, reduced fat, shredded

**PREPARATION:** 30 minutes **COOK:** 45 minutes

**TOTAL TIME:** 1 hour 15 minutes **SERVINGS:** 12

## DIRECTIONS

1. Preheat oven to 350°F and generously coat a 12-cup muffin pan with cooking spray.
2. In the bowl of a food processor, pulse the oats until fine and flour-like. Add the walnuts and pulse until blended with oat flour. Pulse in the olive oil, salt and water until the mixture comes together.
3. Spoon the walnut and oat crust mixture evenly (about 1¼ tablespoons each) into each muffin cup and press it into the bottom and part way up the sides. Bake 25 minutes, until crust begins to brown. Cool on a wire rack for 10 minutes.
4. In a large bowl, whisk eggs, garlic powder, oregano and mustard thoroughly until well combined. Stir in spinach, bell pepper and cheese.
5. Fill each muffin cup evenly with egg and veggie mixture. Bake 20 minutes, or until the eggs are set. Cool slightly on a wire rack before removing the egg cups by carefully inserting a sharp knife between the crust and the muffin pan.

**Nutrition Information Per Serving:** 200 calories, 15g total fat, 3g saturated fat, 5g polyunsaturated fat, 5g monounsaturated fat, 145mg cholesterol, 180mg sodium, 9g carbohydrates, 2g dietary fiber, 1g total sugar, 9g protein

\*California walnuts are certified by the American Heart Association.® Heart-Check food certification does not apply to recipes unless expressly stated. See [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines). Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts offers 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

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## HEART-HEALTHY\* WALNUT RECIPE

# Herbed Cheese & Walnut Stuffed Mini Peppers

These Herbed Cheese & Walnut Stuffed Mini Peppers are an easy make-ahead snack to keep you fueled all day.



# Herbed Cheese & Walnut Stuffed Mini Peppers

Recipe by Crowded Kitchen



## INGREDIENTS

- 1 C Cottage cheese, 2% milkfat
- ½ C California walnuts, chopped
- 2 Tbsp Italian seasoning
- ¼ tsp Salt
- 8 Mini sweet peppers, sliced in half lengthwise

**PREPARATION:** 10 minutes **COOK:** 0 minutes

**TOTAL TIME:** 10 minutes **SERVINGS:** 4

## DIRECTIONS

1. Combine cottage cheese, walnuts, dried herbs, and salt in a bowl.
2. Fill each pepper with cottage cheese mixture.
3. Serve immediately or store in an airtight container in the fridge until ready to eat. These are best enjoyed within 24 hours of preparation.

**Nutrition Information Per Serving:** 172 calories, 11g total fat, 1g saturated fat, 6mg cholesterol, 237mg sodium, 10g carbohydrates, 3g dietary fiber, 5g total sugars 5g, 9g protein

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## HEART-HEALTHY\* WALNUT RECIPE

# Maple Walnut Energy Balls

Need a mid-day energy boost? These easy, no-bake Maple Walnut Energy Balls combine walnuts, oats, dates, and maple syrup and are rolled in diced walnuts for added crunch.



# Maple Walnut Energy Balls

Recipe by Crowded Kitchen



## INGREDIENTS

- 2 C California walnuts, plus ¼ cup for coating
- 1 C Old fashioned oats
- ½ C Medjool dates, pitted (about 7 dates)
- 3 Tbsp Maple syrup
- 2 tsp Vanilla
- ¼ tsp Salt

**PREPARATION:** 20 minutes **COOK:** 0 minutes

**TOTAL TIME:** 20 minutes **SERVINGS:** 16

## DIRECTIONS

1. Add 2 cups walnuts, oats, dates, maple syrup, vanilla and salt into a food processor. Blend until smooth and the dough forms together into cohesive balls, about 1 to 2 minutes.
2. Finely dice the remaining ¼ cup walnuts and add to a plate.
3. Form the dough into 16 balls and roll each ball in the diced walnuts to coat. Store the energy balls in an airtight container in the fridge for a week, or in the freezer for up to three months.

**Nutrition Information Per Serving:** 179 calories, 11g total fat, 1g saturated fat, 8g polyunsaturated fat, 1g monounsaturated fat, 37mg sodium, 18g carbohydrates, 2g dietary fiber, 12g total sugars, 3g protein

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## HEART-HEALTHY\* WALNUT RECIPE

# Pears with Walnut and Spinach with Citrusy Dressing

Walnuts and pears shine in this simple, delicious salad that is easy to make and sure to please.



# Pears with Walnut and Spinach with Citrusy Dressing Recipe by USA Pears



## INGREDIENTS

### CITRUSY DRESSING

- 1 USA Anjou or Bartlett Pear, very ripe or overripe, peeled, cored and coarsely chopped
- ¼ C Mandarin orange juice, freshly squeezed
- ¼ C Rice vinegar, unseasoned
- 2 tsp Ginger, freshly grated
- ¼ tsp Kosher salt
- ¼ tsp Black pepper, freshly ground
- 2 Tbsp Sesame oil, toasted or olive oil

### SALAD

- 1 bag Baby spinach (5oz)
- 1 Green Anjou pear, large, perfectly ripe, cored and thinly sliced
- ½ C California walnuts, divided
- Salt and pepper, to taste

**PREPARATION:** 15 minutes **COOK:** 0 minutes

**TOTAL TIME:** 15 minutes **SERVINGS:** 4

## DIRECTIONS

1. To prepare dressing, puree chopped pear, juice, vinegar, ginger, salt and pepper in a small blender until smooth. Add oil and blend again. (May be prepared up to 1 week ahead and stored tightly covered in the refrigerator.)
2. Place spinach, pears and ¼ cup walnuts in a large bowl. Drizzle with ¼ cup dressing and toss lightly to coat.
3. Add additional dressing, salt and pepper if desired. Sprinkle with remaining walnuts and serve immediately.

**Nutrition Information Per Serving:** 230 calories, 17 g total fat, 2g saturated fat, 9.9g polyunsaturated fat, 4.1g monounsaturated fat, 30mg sodium, 18g carbohydrates, 5g dietary fiber, 10g total sugars, 4g protein

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## HEART-HEALTHY\* WALNUT RECIPE

# Sweet Potato Avocado Toasts with Walnuts

Ditch traditional bread for sweet potato slices for this gluten-free take on classic avocado toast. Diced walnuts offer some added crunch while red pepper flakes kick things up with a little heat.



# Sweet Potato Avocado Toasts with Walnuts

Recipe by Crowded Kitchen



## INGREDIENTS

- 2 Sweet potatoes
- 2 Avocados, thinly sliced
- ½ C California walnuts, diced
- 1½ tsp Red pepper flakes, plus more if desired
- 4 tsp Extra virgin olive oil
- ¾ tsp Flaky salt

**PREPARATION:** 10 minutes **COOK:** 15 minutes

**TOTAL TIME:** 25 minutes **SERVINGS:** 8

## DIRECTIONS

1. Slice a small plank off one side of each sweet potato lengthwise. This will act as a base, so you can cut the sweet potato into toast slices easily. Prop the sweet potato on the flat side you created and slice each potato into planks about ¼ inch thick.
2. For toaster preparation, pop the sweet potato planks in the toaster and toast until tender. This may take a few times, depending on your toaster.
3. For oven preparation, preheat your oven to 350°F. Lay the sweet potato planks on a baking sheet and spray with cooking spray. Roast for 6-7 minutes per side, until they are easily pierced with a fork.
4. When they are done toasting, lay the sweet potato toasts on plates and top with sliced avocado. Mash the avocado gently with a fork. Sprinkle with diced walnuts, red pepper flakes and drizzle with olive oil. Top with flaky salt.

**Nutrition Information Per Serving:** 155 calories, 12g total fat, 1g saturated fat, 4g polyunsaturated fat, 5g monounsaturated fat, 238mg sodium, 10g carbohydrates, 4g dietary fiber, 1g total sugars, 2g protein

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