**WHY CHOOSE WALNUTS?**

- A small handful of walnuts makes a great anytime snack.
- An ounce of walnuts provides a convenient source of protein.
- A pretty presentation for breakfast or brunch for a beautiful way to start your day!
- Walnut milk is so simple to make from scratch that it's a nutritious, satiating food like no other.

**NUTRITIONAL CONTENT**

<table>
<thead>
<tr>
<th>Nut</th>
<th>Omega-3s (grams)</th>
<th>Omega-6s (grams)</th>
<th>Omega-9s (grams)</th>
<th>Total Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>2.5</td>
<td>1.4</td>
<td>1.0</td>
<td>15.1</td>
</tr>
<tr>
<td>Pecans</td>
<td>2.5</td>
<td>1.4</td>
<td>1.0</td>
<td>15.0</td>
</tr>
<tr>
<td>Pistachios</td>
<td>2.5</td>
<td>1.4</td>
<td>1.0</td>
<td>15.0</td>
</tr>
<tr>
<td>Peanuts</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Walnuts</td>
<td>2.5</td>
<td>1.4</td>
<td>1.0</td>
<td>15.0</td>
</tr>
</tbody>
</table>

**DIABETES FRIENDLY RECIPES**

**WALNUT MILK**

This silky smooth Walnut Milk is so simple to make from scratch that it’s a nutritious, satiating food like no other. It takes just a few minutes to prepare and can be used in smoothies, sauces, or as a substitute for milk. **INGREDIENTS**

- 3 C Water, plus more for soaking the walnuts
- 1 C California Walnuts, coarsely chopped
- 1 C California Walnuts, finely minced
- 1 tsp Pure Vanilla Extract
- 1 tsp Honey or Agave Nectar
- 2 T Olive Oil
- 1 Lemon, cut into thin rounds
- 3 T Unsalted Butter
- 1 tsp Black Pepper
- 2 Lemons, cut into thin rounds
- 3 T Parsley, minced
- 2 T Balsamic Vinegar
- 1 C Spinach, coarsely chopped, washed and dried
- 2-3 Bunches Watercress, trimmed of largest stems
- 2 T California Walnuts, toasted
- 3 T Extra Virgin Olive Oil

**WATERCRESS SALAD**

This salad uses the wonderful flavor and crunch of walnuts to enhance the delicate flavor of the trout. **INGREDIENTS**

- 4 Trout, cleaned, scaled and de-boned (about 12 oz each)
- 1 C California Walnuts, coarsely chopped
- ¼ C Maple Syrup
- 1 T Vanilla Extract
- 8 Sweet Cherry Tomatoes, whole, very ripe
- 2 Lemons, cut into thin rounds
- 1 Yellow Bell Pepper, thinly sliced
- 1 Red Bell Pepper, thinly sliced
- 1 tsp Kosher Salt
- 1 tsp Pure Vanilla Extract
- 1 T Honey or Agave Nectar
- 2 T Olive Oil

**CHICKEN SKEWERS**

This dish uses the wonderful flavor and crunch of walnuts to elevate the delicate flavor of the chicken. **INGREDIENTS**

- 4 Chicken Breasts, de-boned, skinned and trimmed
- 2 Zucchini, about ¾ lb, skinned and trimmed
- 4 Eggs, large
- 1 C California Walnuts, chopped
- 1 tsp Lemon Juice or 2 T California Walnuts, toasted
- ¾ C Unbleached White Flour
- ¾ C Whole Wheat Pastry Flour
- 1 C Spinach, coarsely chopped, washed and dried
- 1 C Fresh Breadcrumbs
- 2 T California Walnuts, chopped
- Salt and Pepper to taste
- 3 T Unsalted Butter

**WALNUT SKORDALIA**

This soft cookie flavored with maple syrup is the perfect treat. **INGREDIENTS**

- 4 oz Silken Tofu
- ½ C California Walnuts, chopped
- 1 tsp Black Pepper
- 1 tsp Kosher Salt
- 1 tsp Pure Vanilla Extract
- 1 T Honey or Agave Nectar
- 2 T Olive Oil

**HOW DO WALNUTS STACK UP?**

<table>
<thead>
<tr>
<th>Nut</th>
<th>Alpha-linolenic Acid (ALA)</th>
<th>Total Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>2.5 grams</td>
<td>15.1 grams</td>
</tr>
<tr>
<td>Pecans</td>
<td>2.5 grams</td>
<td>15.0 grams</td>
</tr>
<tr>
<td>Pistachios</td>
<td>2.5 grams</td>
<td>15.0 grams</td>
</tr>
<tr>
<td>Peanuts</td>
<td>0 grams</td>
<td>0 grams</td>
</tr>
<tr>
<td>Walnuts</td>
<td>2.5 grams</td>
<td>15.0 grams</td>
</tr>
</tbody>
</table>

**THERE ARE THE BENEFITS OF THAT NUTRIENT-RICH NUTRITIONAL FOOD LIKE WALNUTS.”**

**THERE ARE DUAL BENEFITS:”**

Nutritional benefits include a healthy dose of monounsaturated fats, omega-3s, and fiber. Recent research indicates that eating 1.5 oz 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. U.S. Food and Drug Administration, March 2004.

**HOW DO WALNUTS STACK UP?**

Supportive but not conclusive research shows that eating 1.5 oz 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. U.S. Food and Drug Administration, March 2004.

**DIABETES FRIENDLY RECIPES**

**ALMONDS PECANS**

Almonds and pecans are rich in monounsaturated fat, including 2.5g of alpha-linolenic acid—the plant-based omega-3.

**DIABETES FRIENDLY RECIPES**

**PistachiosPeanuts**

Pistachios and peanuts are rich in monounsaturated fat, including 2.5g of alpha-linolenic acid—the plant-based omega-3.
2. In a large sauté pan heat the oil over medium high heat.

3. In the meantime, bring a large shallow pan of salted water to a boil. Add the spinach to the water, cook for 3 to 4 minutes, and drain thoroughly. Place the spinach, breadcrumbs, ¾ cup of the tofu-walnut mixture, 1 tablespoon olive oil, brown sugar, maple syrup and vanilla turned into the dry ones. Drop the batter by rounded spoonfuls onto the greased baking sheets. Bake the cookies for 10 to 12 minutes until the edges just begin to brown. Turn off the heat and let it sit for another minute before taking them out of the oven.

4. Add the tofu-walnut mixture to the waiting mixture. Using a rubber spatula, fold the wet ingredients into the dry ones. Drop the batter by rounded spoonfuls onto the greased baking sheets. Bake the cookies for 10 to 12 minutes until the edges just begin to brown. Turn off the heat and let it sit for another minute before taking them out of the oven.

INSTRUCTIONS

1. Bring a pot of salted water to boil. Add the spinach to the water, cook for 3 to 4 minutes, and drain thoroughly. Place the spinach, breadcrumbs, ¾ cup of the tofu-walnut mixture, 1 tablespoon olive oil, brown sugar, maple syrup and vanilla turned into the dry ones. Drop the batter by rounded spoonfuls onto the greased baking sheets. Bake the cookies for 10 to 12 minutes until the edges just begin to brown. Turn off the heat and let it sit for another minute before taking them out of the oven.

5. Place trays of the sauce and trout into the oven and heat through. Remove and serve immediately. Place a little more sauce and trout on each side, then transfer to a serving platter or individual plates. Spoon a little bit of the sauce over the trout and garnish with the remaining lemon slices. Serve immediately.

ENDNOTE 1

1. Scallions are a member of the onion family, related to garlic and shallots and native to South Asia. They can be used in a variety of dishes, both as a cooking ingredient and eaten raw in salads. Scallions are available in bulk in the produce section of most supermarkets.

ENDNOTE 2

1. This recipe is a delectable treat, courtesy of Aida Mollenkamp, Mollie Katzen for the California Walnut Board, and Andrew Weil, M.D. for the California Walnut Board. Visit www.walnuts.org for more recipes.

ENDNOTE 3

1. This recipe is a delectable treat, courtesy of Aida Mollenkamp, Mollie Katzen for the California Walnut Board, and Andrew Weil, M.D. for the California Walnut Board. Visit www.walnuts.org for more recipes.

ENDNOTE 4

1. This recipe is a delectable treat, courtesy of Aida Mollenkamp, Mollie Katzen for the California Walnut Board, and Andrew Weil, M.D. for the California Walnut Board. Visit www.walnuts.org for more recipes.

ENDNOTE 5

1. This recipe is a delectable treat, courtesy of Aida Mollenkamp, Mollie Katzen for the California Walnut Board, and Andrew Weil, M.D. for the California Walnut Board. Visit www.walnuts.org for more recipes.

ENDNOTE 6

1. This recipe is a delectable treat, courtesy of Aida Mollenkamp, Mollie Katzen for the California Walnut Board, and Andrew Weil, M.D. for the California Walnut Board. Visit www.walnuts.org for more recipes.

ENDNOTE 7

1. This recipe is a delectable treat, courtesy of Aida Mollenkamp, Mollie Katzen for the California Walnut Board, and Andrew Weil, M.D. for the California Walnut Board. Visit www.walnuts.org for more recipes.

ENDNOTE 8

1. This recipe is a delectable treat, courtesy of Aida Mollenkamp, Mollie Katzen for the California Walnut Board, and Andrew Weil, M.D. for the California Walnut Board. Visit www.walnuts.org for more recipes.

ENDNOTE 9

1. This recipe is a delectable treat, courtesy of Aida Mollenkamp, Mollie Katzen for the California Walnut Board, and Andrew Weil, M.D. for the California Walnut Board. Visit www.walnuts.org for more recipes.