Walnut Recipes for Cognitive and Physical Health

Toasted Quinoa-Walnut Breakfast “Sundaes”

Rosemary and Sea Salt Walnuts

Beet, Goat Cheese and Walnut Salad

Bulgur Salad with Green Lentils and Walnuts

Crunchy Walnut-Crusted Salmon Fillets

Chocolate Walnut Curried Truffles
**Chocolate Walnut Curried Truffles**

**INGREDIENT LIST:**
- 1 1/2 cups California walnuts (raw or turbinado)
- 1/4 cup Green onions, minced
- 1/8 teaspoon Sea salt
- 1/4 teaspoon Black pepper, toasted
- 1 1/4 pounds Beets, red and golden, medium-size, coarsely chopped, toasted
- 1/2 cup Extra virgin olive oil
- 2 teaspoons Sherry vinegar
- 1 1/2 teaspoons Salt
- 1 1/2 tablespoons Extra virgin olive oil
- 1 teaspoon Vanilla
- 1/4 cup California walnut pieces, toasted
- 1/4 cup Green onions, minced
- 1/4 cup Italian parsley, minced
- 1/4 teaspoon Black pepper, toasted
- 1 heaping teaspoon Crunchy sugar
- 1/4 teaspoon Curry powder
- 3/4 cup Toasted California walnuts, minced
- 2 tbsp Fresh lemon juice
- 3/4 teaspoon Sea salt
- 1/8 teaspoon Sea salt
- 1 teaspoon Smoked black pepper
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnuts, toasted
- 1 1/2 tablespoons Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/2 cup Artisan honey (optional)
- In-season fresh berries or fruit of choice
- 1/4 cup (about 2 ounces) Cherries, dried, finely diced
- 1 1/2 cups Bulgur, medium cut
- 2 cups Bulgur, medium cut
- 1/2 cup Extra virgin olive oil
- 1/2 cup Dijon mustard
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Green onions, minced
- 3/4 cup Toasted California walnuts, minced
- 2 tablespoons Water, boiling
- 1 1/2 teaspoons Salt
- 2 tablespoons Water, boiling
- 1/4 teaspoon Sugar
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, minced
- 1/4 cup Lemon rind, finely minced
- 1/2 cup California walnut pieces, toasted
- 1/2 cup Extra virgin olive oil
- 1/2 cup California walnut pieces, toasted
- 3/4 cup Toasted California walnuts, min...