



WALNUTS & HEALTHY-AGING



WALNUT RECIPES FOR COGNITIVE AND PHYSICAL HEALTH



TOASTED QUINOA-WALNUT BREAKFAST "SUNDAES"



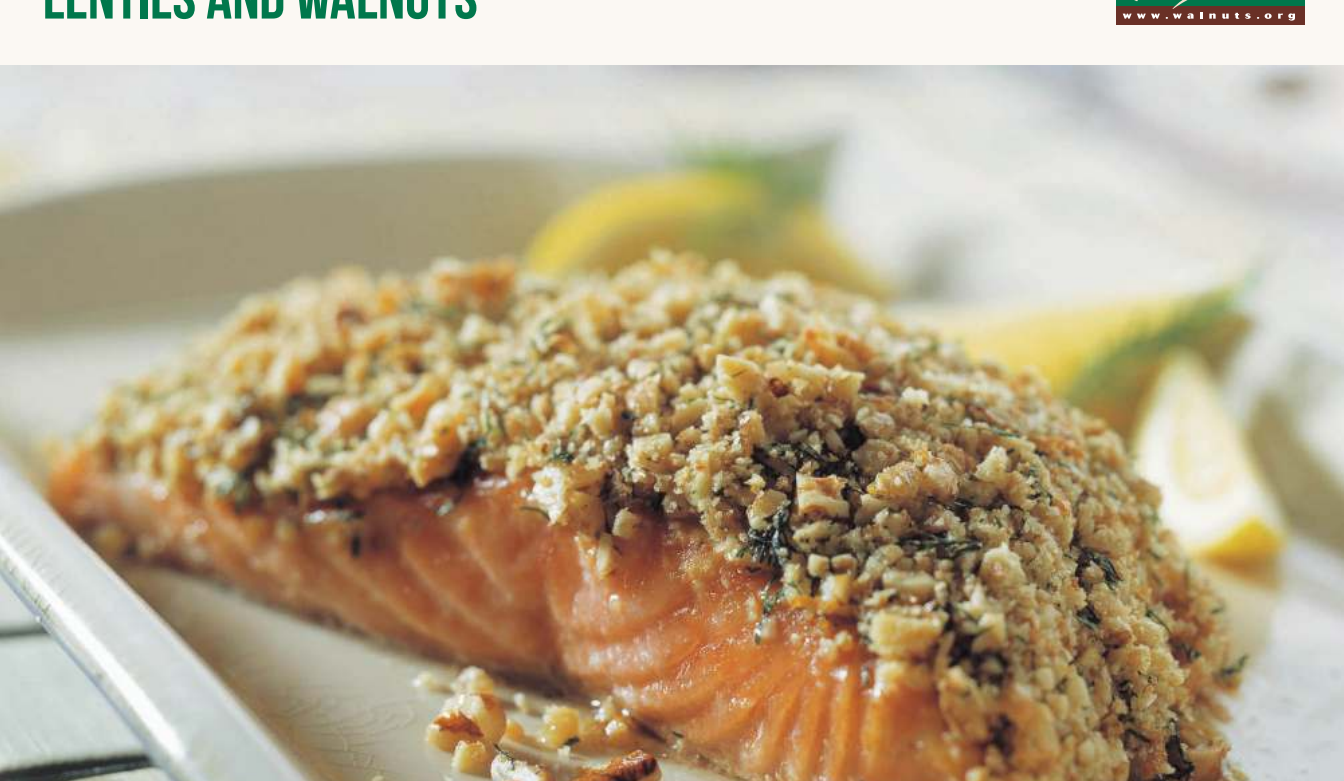
ROSEMARY AND SEA SALT WALNUTS



BEET, GOAT CHEESE AND WALNUT SALAD



BULGUR SALAD WITH GREEN LENTILS AND WALNUTS



CRUNCHY WALNUT-CRUSTED SALMON FILLETS



CHOCOLATE WALNUT CURRIED TRUFFLES



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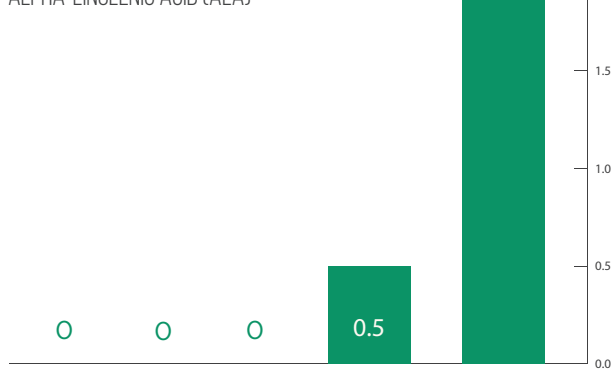
RESEARCH CONTINUES TO

shed light on how diet affects brain and physical function in older adults, but people of all ages can take steps to improve overall health and well-being. Although there is no way to prevent diseases such as dementia and Alzheimer's disease, the science shows that consuming specific foods, like walnuts, may play a beneficial role in physical and cognitive health.

Walnuts are the only nut to contain a significant amount of plant-based omega-3 alpha-linolenic acid (2.5 grams/ounce). One ounce of walnuts also offers four grams of protein, two grams of fiber, and is a good source of magnesium (10% DV). With a variety of nutrients and a flavor profile that pairs well with an array of seasonal foods, they are an ideal ingredient any time of the year.

THE ONLY NUT SIGNIFICANTLY HIGH IN OMEGA-3s

ALPHA-LINOLENIC ACID (ALA)



US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory, USDA National Nutrient Database for Standard Reference, Release 28, Version Current: September 2015, slightly revised May 2016.

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TOASTED QUINOA-WALNUT BREAKFAST "SUNDAES" CREATED BY MOLLIE KATZEN - COOKBOOK AUTHOR

INGREDIENT LIST:

1/2 cup Quinoa, soaked 10 minutes, drained in fine mesh strainer, patted dry on towels
1/4 teaspoon Salt
1 heaping teaspoon Crunchy sugar (raw or turbinado)
3/4 cup Toasted California walnuts, minced
1 cup Plain Greek (or just plain thick) yogurt
In-season fresh berries or fruit of choice
Dried fruit of choice (optional)
Artisanal honey (optional)

PREPARATION TIME: 15 MINUTES | COOK TIME: 20 MINUTES | TOTAL TIME: 35 MINUTES | NUMBER OF SERVINGS: 4

DIRECTIONS

1. Dry roast the quinoa in a medium-sized skillet over medium-low heat, stirring for about 8 to 10 minutes, or until it darkens slightly and gives off a toasty aroma. (Don't walk away...it can burn fast.)
2. Sprinkle with salt and sugar and stir over the heat for another few seconds until the sugar melts. Remove from heat, and stir in the walnuts. To assemble the sundaes, spread a thick layer of yogurt on each little serving dish, and top it with a generous serving of your favorite ripe, in-season fruit.
3. Drizzle with honey and/or stud with dried fruit, if desired, and top with a generous sprinkling of the quinoa and walnuts.

Nutrition Information Per Serving: 291 calories, 16g total fat, 2g saturated fat, 2g monounsaturated fat, 11g polyunsaturated fat, 3mg cholesterol, 168 mg sodium, 379mg potassium, 28g total carbohydrate, 9g total sugars, 5g dietary fiber, 13g protein



ROSEMARY AND SEA SALT WALNUTS

INGREDIENT LIST:

2 tablespoons Butter
2 tablespoons Fresh rosemary, finely chopped
1 teaspoon Smoked black pepper
3/4 teaspoon Sea salt
2 cups California walnuts

PREPARATION TIME: 5 MINUTES | COOK TIME: 30 MINUTES | TOTAL TIME: 35 MINUTES | NUMBER OF SERVINGS: 8

DIRECTIONS

1. Preheat oven to 300°F. Melt butter in a small saucepan; stir in rosemary, pepper and salt. Add walnuts and stir well with a rubber scraper until mixture evenly coats walnuts.
2. Transfer to a baking sheet and cook for 30 minutes, stirring every 10 minutes. Let cool completely before storing in an airtight container.

Nutrition Information Per Serving: 190 calories, 19g total fat, 3g saturated fat, 3g monounsaturated fat, 12g polyunsaturated fat, 8mg cholesterol, 218mg sodium, 118mg potassium, 4g total carbohydrate, 1g total sugars, 2g dietary fiber, 4g protein



BEEF, GOAT CHEESE AND WALNUT SALAD

INGREDIENT LIST:

DRESSING

3 tablespoons Extra virgin olive oil
2 tablespoons White wine vinegar
2 tablespoons Basil leaves, fresh, lightly packed, torn
1/4 teaspoon Sea salt
1/4 teaspoon Sugar

SALAD

1 1/4 pounds Beets, red and golden, medium-size
3 cups Baby arugula
1/2 cup California walnuts, coarsely chopped, toasted
2 ounces Goat cheese (chevre), soft, crumbled
Pepper, freshly ground, to taste

PREPARATION TIME: 20 MINUTES | COOK TIME: 50 MINUTES | TOTAL TIME: 1 HOUR, 10 MINUTES | NUMBER OF SERVINGS: 5

DIRECTIONS

1. To prepare dressing, puree all ingredients in a small blender or food processor. Cover and refrigerate until ready to serve.
2. Preheat oven to 400° F. Rinse beets and cut tops off if still attached. Wrap each in foil, leaving room for air to circulate. Place on a baking sheet and cook for about 50 minutes or until beets are tender when pierced with a sharp knife. Let cool, then slip off skins. Discard ends and slice beets 1/4-inch thick.
3. Place arugula in a large shallow bowl and toss with half the dressing. Layer beets over arugula and drizzle with remaining dressing. Top with walnuts and cheese and season with pepper.

Nutrition Information Per Serving: 220 calories, 17g total fat, 3g saturated fat, 5g monounsaturated fat, 8g polyunsaturated fat, 5mg cholesterol, 260mg sodium, 463mg potassium, 13g total carbohydrate, 8g total sugars, 4g dietary fiber, 6g protein



BULGUR SALAD WITH GREEN LENTILS AND WALNUTS

INGREDIENT LIST:

BULGUR

1/2 cup Extra virgin olive oil
2 cups Bulgur, medium cut
3/4 cup Yellow onions, minced
2 cups Water, hot
1 teaspoon Salt
1 cup Green lentils
1 tablespoon Extra-virgin olive oil

VINAIGRETTE

1 tablespoon Lemon juice
1 tablespoon Pomegranate molasses
2 teaspoons Sherry vinegar
2 tablespoons Walnut oil
1 teaspoon Cumin seed, toasted, ground
1 1/2 teaspoons Salt
1/4 teaspoon Black pepper, freshly ground
1/4 cup Green onions, minced
1 cup California walnut pieces, toasted
1/4 cup Italian parsley, minced

*Optional Garnish: 2 ounces French feta cheese, crumbled

PREPARATION TIME: 15 MINUTES | COOK TIME: 50 MINUTES | TOTAL TIME: 1 HOUR, 5 MINUTES | NUMBER OF SERVINGS: 12

DIRECTIONS

1. In a medium saucepan, heat the oil over medium-high heat. Reduce the heat to low; add the bulgur and onion. Cook, stirring, until the bulgur grains are coated with oil, toasted, fragrant and uniformly brown, about 20 minutes. Add the hot water and salt; bring to a boil. Reduce the heat to low; cover with a tight-fitting lid and cook until just tender, about 30 minutes. Remove from the heat; allow to sit 20 minutes. Allow to come to room temperature. Place the bulgur in a medium mixing bowl.
2. Meanwhile, put the lentils in a small saucepot and cover with 2 inches of cold water. Add 1 teaspoon salt and bring to a boil. Reduce to a simmer and cook the lentils until tender. Remove from the heat; drain; place in a shallow pan. Drizzle with 1 tablespoon of olive oil. Cool to room temperature. You can speed up the process and put into the refrigerator. In a small bowl place all of the vinaigrette ingredients. Whisk to combine. When the lentils have cooled a bit, add to the bulgur, along with the vinaigrette, green onions, walnuts and parsley. Mix well. Taste and adjust the seasoning if necessary. Serve at room temperature. Garnish with the feta cheese if you wish!

Nutrition Information Per Serving: 305 calories, 18g total fat, 2g saturated fat, 6g monounsaturated fat, 8g polyunsaturated fat, 0mg cholesterol, 494mg sodium, 313mg potassium, 30g total carbohydrate, 2g total sugars, 7g dietary fiber, 8g protein



CRUNCHY WALNUT-CRUSTED SALMON FILLETS

INGREDIENT LIST:

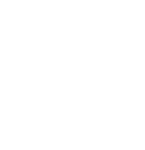
1 1/2 cups California walnuts
3 tablespoons Dry breadcrumbs
3 tablespoons Lemon rind, finely grated
1 1/2 tablespoons Extra virgin olive oil
3 tablespoons Fresh dill, chopped
Salt and pepper to taste
6 3-ounce Salmon fillets, skin on
Dijon mustard
2 tbsp Fresh lemon juice

PREPARATION TIME: 15 MINUTES | COOK TIME: 20 MINUTES | TOTAL TIME: 35 MINUTES | NUMBER OF SERVINGS: 6

DIRECTIONS

1. Place walnuts in food processor; coarsely chop. Add breadcrumbs, lemon rind, olive oil and dill; pulse until crumbly. Mixture should stick together. Season with salt and pepper; set aside.
2. Arrange salmon fillets skin side down on parchment paper lined baking sheets. Brush tops with mustard.
3. Spoon 1/3 cup of walnut crumb mixture over each fillet; gently press the crumb mixture into the surface of the fish. Cover with plastic wrap; refrigerate for up to 2 hours.
4. Bake at 350°F 15 to 20 minutes, or until salmon flakes with a fork. Just before serving, sprinkle each with 1 teaspoon lemon juice.

Nutrition Information Per Serving: 341 calories, 28g total fat, 4g saturated fat, 7g monounsaturated fat, 16g polyunsaturated fat, 40mg cholesterol, 67mg sodium, 367mg potassium, 7g total carbohydrate, 1g total sugars, 2g dietary fiber, 18g protein



CHOCOLATE WALNUT CURRIED TRUFFLES CREATED BY REBECCA KATZ - COOKBOOK AUTHOR

INGREDIENT LIST:

WALNUT CURRY COATING

1/4 cup California walnuts
1/4 teaspoon Curry powder
Pinch of salt

CHOCOLATE WALNUT MIXTURE

2 tablespoons Water, boiling
2 ounces Dark or bittersweet chocolate (64 to 72 percent cacao content; noted on the label), very finely chopped
1/2 cup California walnuts, coarsely chopped
1 cup (about 5 ounces) Medjool dates, pitted and halved
1 tablespoon Cocoa powder, unsweetened
1 teaspoon Vanilla
1/8 teaspoon Sea salt
1/4 cup (about 2 ounces) Cherries, dried, finely diced

PREPARATION TIME: 15 MINUTES | COOK TIME: 2 HOURS | TOTAL TIME: 2 HOURS, 15 MINUTES | NUMBER OF SERVINGS: 20

DIRECTIONS

1. To prepare the walnut coating, in a food processor with a clean, dry bowl and blade, grind the walnuts, curry powder and salt into a fine meal. Be careful not to over process, or the mixture will become oily; you want it to remain light and dry. Scatter the mixture on a large plate and set aside.
2. To make the chocolate walnut mixture, in a small bowl stir the boiling water into the chopped chocolate and let stand for 30 seconds. Using a small whisk, stir until the chocolate is completely melted and glossy.
3. Coarsely grind the walnuts in a food processor, then add the dates, cocoa powder, vanilla and salt, and process for a minute, stopping once to scrape down the sides of the container. Add the melted chocolate and process until smooth, 30 seconds to 1 minute more, again stopping once to scrape down the sides. Transfer to a bowl and stir in the cherries. Cover and chill for approximately two hours--or overnight if you wish--so the mixture becomes firm enough to shape easily.
4. To form the truffles, scoop up approximately 2 teaspoons of the chocolate mixture and roll it into a smooth ball between your palms. Roll the ball in the curried walnuts to coat. Shape and coat the remaining truffles the same way. Place them in an airtight container and chill thoroughly before serving.

Nutrition Information Per Serving: 68 calories, 4g total fat, 1g saturated fat, 0g monounsaturated fat, 2g polyunsaturated fat, 0mg cholesterol, 15mg sodium, 70mg potassium, 9g total carbohydrate, 6g total sugars, 1g dietary fiber, 1g protein

