

SIMPLE WAYS TO USE WALNUTS



WALNUTS THROUGH THE SEASONS

Walnuts are a versatile nut. With a flavor profile that pairs beautifully with a variety of seasonal foods, they can be included in meals any time of year. Each season offers new opportunities for at-home cooks to learn about flavors that pair well with walnuts. Enjoy them with everything from fresh fruits and vegetables to seafood and cheese in a wide range of recipes for any meal.



Fresh Fruits



Fresh Vegetables



Seafood



Fresh Cheese

Spring	Strawberries Oranges Rhubarb Cherries	Fava Beans Asparagus Spinach Broccoli	Sole Halibut Sea Bass	Goat Ricotta Mozzarella
Summer	Blueberries Plums Apricots Peaches	Summer Squash Green Beans Eggplant Zucchini	Trout Salmon Mahi Mahi	Brie Tellegio Camembert
Fall	Pears Pomegranates Figs Apples	Potatoes Swiss Chard Butternut Squash Brussels Sprouts	Trout Shrimp Cod	Cheddar Manchego Fontina
Winter	Citrus Fruits Persimmons Dates Cranberries	Kale Leeks Artichokes Mushrooms	Shrimp Crab Scallops Rockfish	Stilton Gorgonzola



7 SIMPLE WAYS TO USE WALNUTS IN THE KITCHEN

Chopped Walnut Coating

Skip the bread crumbs and use finely chopped walnuts as a coating for fish or poultry for a welcome crunch.

Walnut Aioli

Adding chopped walnuts to aioli gives the spread great texture and crunch. Use it on wraps and sandwiches, or as a dip with roasted or grilled vegetables.

Salsa Verde with Walnuts

Toast walnuts to contribute an earthy flavor to bright, zesty sauces such as Italian salsa verde. Enjoy on everything from crispy-roasted salmon to pulled pork.

Walnut Butter

Walnut butter is easy to make and offers a variety of convenient applications. Spread on crostini and garnish with a slice of fruit or fresh herbs, or use it as a dip for crisp veggies.

Walnut Pesto

Combine walnuts, basil, olive oil and garlic for a delicious take on pesto that is a perfect addition to pizza, pasta and sandwiches.

Sauce Thickener

Grind walnuts into meal and use it as a creamy and wholesome thickener for sauces.

Meat Substitute

Pulse walnuts and either beans, mushrooms, or cauliflower through a food processor with desired seasoning and use as a replacement in scrambles, tacos or pasta sauces.

Chefs around the world are finding increasingly innovative ways to use walnuts, which can serve as inspiration for at-home cooks looking for creative ways to use familiar and easy-to-find ingredients.

The flavor and texture of walnuts make them perfect for sauces and spreads, and their crunch is a welcome addition to favorite dishes and new recipes alike. Here are some easy ways home cooks can try using walnuts in their cooking.



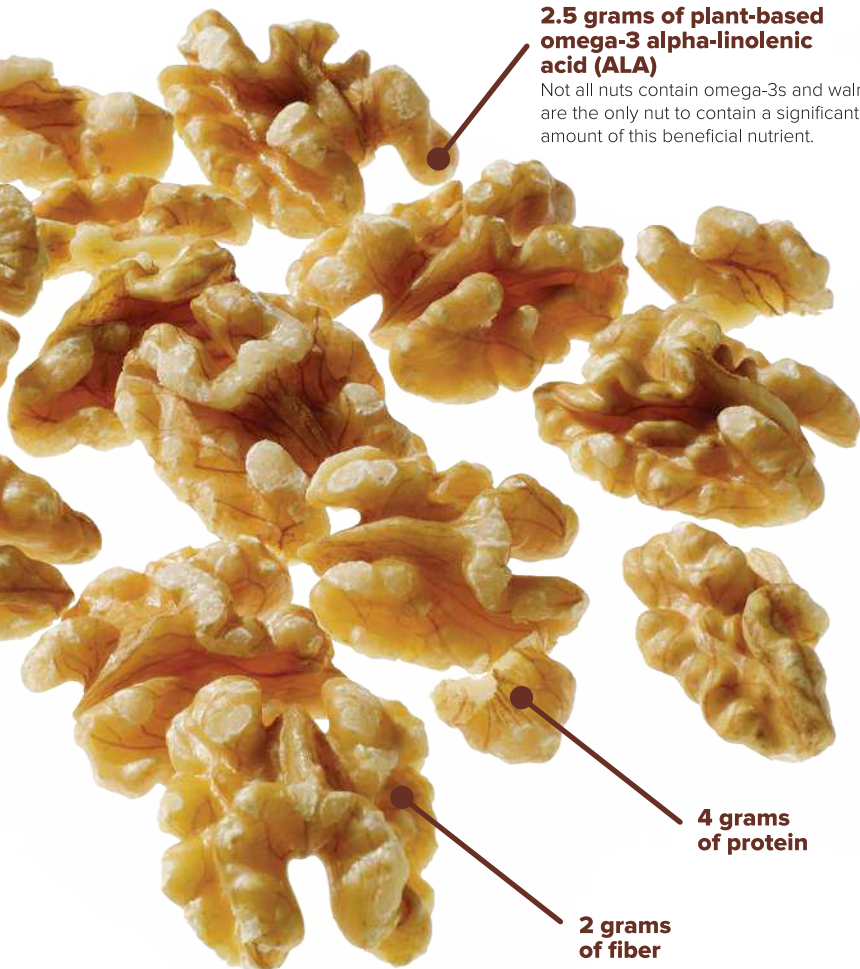
ONE OUNCE OF WALNUTS PROVIDES

**2.5 grams of plant-based
omega-3 alpha-linolenic
acid (ALA)**

Not all nuts contain omega-3s and walnuts are the only nut to contain a significant amount of this beneficial nutrient.

**4 grams
of protein**

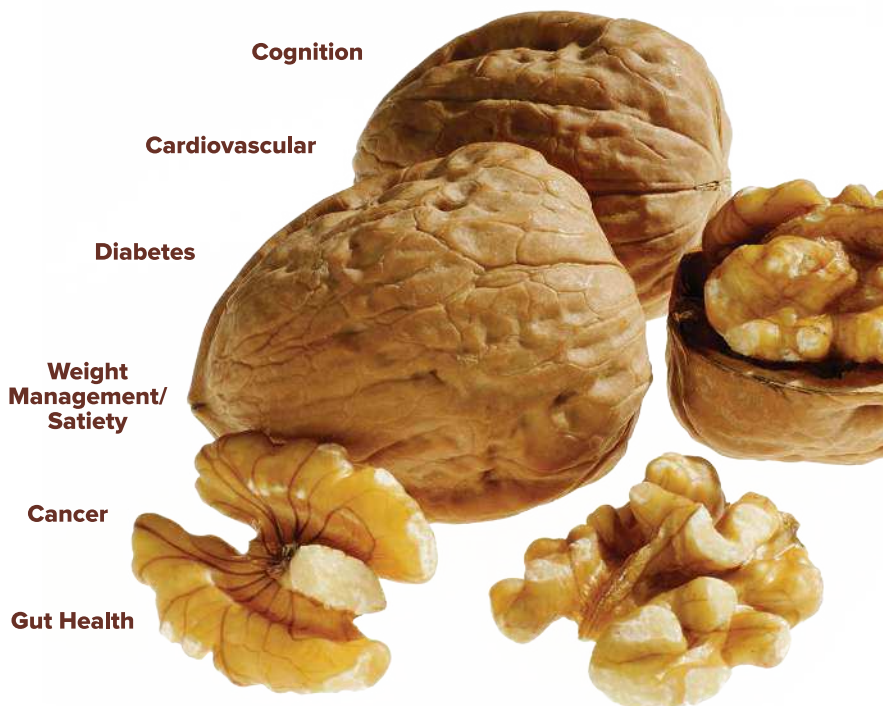
**2 grams
of fiber**



The 2015 Dietary Guidelines encourages a shift from current eating patterns to a healthy eating pattern that includes nutrient-dense foods and beverages in place of less nutritious choices.¹ Among other things, **a healthy eating pattern includes a variety of protein foods, including nuts and seeds** along with seafood, lean meats and poultry, eggs, legumes, and soy products.

Nutrition research has contributed to the evolving understanding of the health benefits of walnuts. A survey in 1987 found that consumers were buying walnuts for their taste and versatility in the kitchen only – nobody bought them for health reasons.² This has shifted over time as consumers have learned more about the nutrition and health properties of walnuts. Now, the top reason people buy walnuts is because they are a nutritious addition to the diet.³

AREAS OF HEALTH RESEARCH



1 U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>

2 Source: Rose Research 1987

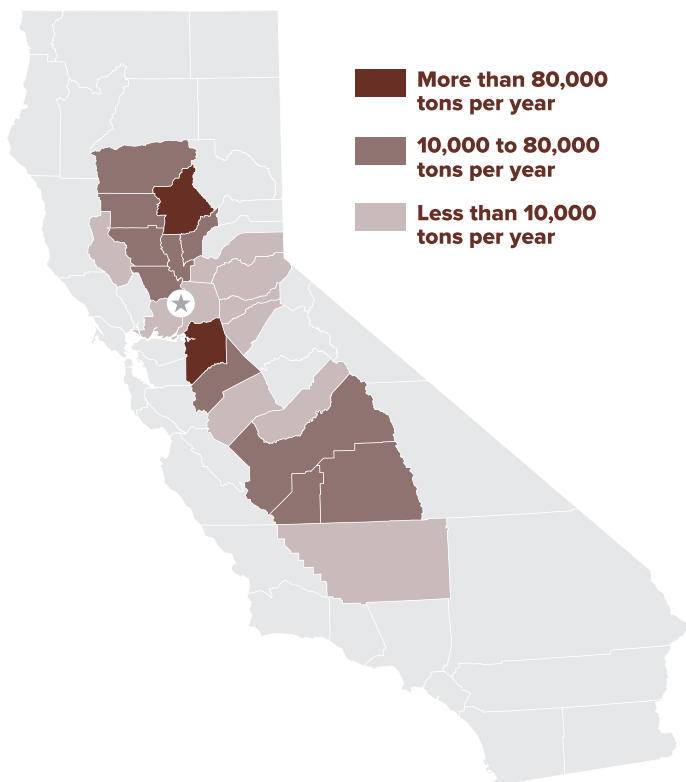
3 Source: Rose Research 2013

WHERE DO CALIFORNIA WALNUTS COME FROM?

When people pick up a bag of walnuts at the grocery store, they don't always realize that the walnuts they are buying are likely from a family-owned farm in California. Walnut production takes commitment and patience, and our farmers are passionate about growing and harvesting high-quality walnuts.

- More than **99 percent of walnuts** grown in the United States come from California's 300,000 bearing acres of walnut orchards.
- The **Central Valley of California** is the state's prime walnut growing region, with a mild climate and deep fertile soils that provide ideal growing conditions.
- There are **more than 4,000 California walnut growers**, and most farms are owned and operated by families who have been in the walnut business for several generations.

WHERE ARE WALNUTS GROWN?



THE WALNUT HARVEST

After a walnut sapling is planted, it takes four to five years for it to grow into an adult tree suitable for harvesting. The harvest begins in early September, when the outer green hulls start to split, and continues through mid-November.

Mechanical shakers vigorously shake each tree and thousands of walnuts fall to the ground.



The walnuts are then carefully swept into rows to allow mechanical harvesters to pick them up for cleaning.

Once walnuts are harvested, a huller removes the outer green husk and then the walnuts are washed and dried to stable moisture to protect quality during storage.



After the huller and dryer, walnuts are transported to the packing plant where they are graded based on usage, in-shell or shelled.



Shelled walnuts are mechanically cracked and further graded by color before kernels are screened and separated into different sizes according to USDA standards.



Finally, the walnuts are inspected and hand-sorted by trained sorters to ensure they are clean, and of specified color.



At the end of this process, the walnuts are either shipped or stored until needed for in-shell shipments or to be cracked for shelled product.



PREP
TIME
15
MINS

COOK
TIME
10
MINS

SERVES
6

WILTED SPINACH SALAD WITH GRILLED ONIONS, WALNUTS, AVOCADO, AND APPLE

By Mollie Katzen

Don't let its name fool you—tart apple, fresh lemon juice and cumin-kissed, warm red onions jazz up this unconventional salad for a fresh take on a classic dish. Crunchy California walnuts and creamy avocado round out this colorful mixture of flavors and textures.

INGREDIENTS

1 medium-sized very fresh, tart apple
3 tablespoons fresh lemon juice
1 small avocado, perfectly ripe
1/4 cup extra-virgin olive oil
2 cups sliced red onion (1/4-inch slices)
1/2 teaspoon whole cumin seeds (or more, to taste)
1 cup lightly toasted California walnuts, coarsely chopped
10 ounces very fresh baby spinach leaves, thoroughly dried
1/4 teaspoon kosher salt
Freshly ground black pepper
Lemon wedges (squeezeable!), for garnish

DIRECTIONS

Cut the apple into thin slices onto a plate, and drizzle with about 2 teaspoons of the lemon juice. Cover the plate tightly, and refrigerate.

Pour the remaining lemon juice onto a second plate. Peel and slice the avocado, then place the slices in the lemon juice, then turn them over until they are well coated. Set aside.

Heat the olive oil in a medium-sized skillet or a ridged grill pan; add the onion and cook over high heat for 5 minutes. Sprinkle in the cumin seeds and walnuts, turn the heat down to medium, and cook with minimal stirring for another 2 to 3 minutes, or until the seeds and nuts give off a toasty aroma. Be careful not to let them burn!

Add the onion mixture to the spinach, and toss until thoroughly mixed. The spinach will wilt upon contact with the hot oil and onion. To speed this process along—and to be sure you include every last drop of the flavorful oil— you can add some of the spinach directly to the pan and swish it around a little, then return it to the bowl. Sprinkle in the salt as you toss.

Gently mix in the avocado, including all the lemon juice, and the apple. Grind in a generous amount of black pepper, and serve right away, garnished with lemon wedges to squeeze on top, if desired.

NUTRITION

PER SERVING

302 CALORIES

26g FAT

3g SATURATED FAT

0mg CHOLESTEROL

176mg SODIUM

18g CARBOHYDRATES

7g DIETARY FIBER

5g PROTEIN



PREP
TIME
10
MINS

COOK
TIME
25
MINS

SERVES
6

BREAKFAST QUINOA WITH WALNUT CREAM AND BLUEBERRIES

By Rebecca Katz

Quinoa, lightly spiced and sweetened with maple syrup, then topped with walnut cream and fruit, makes a grand change from your typical breakfast cereal.

INGREDIENTS

WALNUT CREAM

- 1 cup California walnuts
- 1 cup water
- 1 teaspoon lemon juice, freshly squeezed
- 1 teaspoon maple syrup (use a little more if you want a slightly sweeter cream)
- 1/2 teaspoon sea salt

QUINOA

- 1 cup quinoa
- 2 cups water
- 1/4 teaspoon sea salt
- 2 tablespoons orange juice, freshly squeezed
- 1 tablespoon maple syrup
- 1 teaspoon cinnamon, ground
- 1/2 teaspoon ginger, ground
- 1/8 teaspoon nutmeg, ground or freshly grated
- 1 1/2–2 cups blueberries, fresh
- 3/4 cup California walnuts, toasted, coarsely chopped

DIRECTIONS

To prepare the walnut cream, put the walnuts in a bowl, add water to cover and let stand overnight. The next day, drain the walnuts well and spread on a baking pan. Toast in a preheated 350° F oven for 8–10 minutes, then cool completely.

Put the walnuts, 1 cup water, the lemon juice, maple syrup and salt in a blender. Blend on high until creamy and smooth, about 1–2 minutes. Transfer the cream to a bowl or jar. (A food processor may also be used to make walnut cream, though it will not be quite as smooth.)

To prepare the quinoa, rinse it in a strainer and drain it well. In a medium-sized saucepan bring the quinoa, water and salt to a boil over high heat. Turn the heat to low, then cover and simmer until the water is absorbed, about 15 minutes. Set aside off heat to cool for a few minutes; then fluff the quinoa up with a fork.

When you are ready to serve, stir the 1/2 cup of prepared walnut cream, the orange juice, maple syrup, cinnamon, ginger and nutmeg into the cooked quinoa. Serve the quinoa in bowls, and top each serving with a dollop of the remaining walnut cream, a small handful of blueberries and a sprinkling of toasted walnuts.

*Serve the quinoa warm, cold or at room temperature, and when fresh blueberries are not in season, substitute frozen or dried berries, or dried cranberries or cherries. Note that the walnut cream needs to be started the day before you use it.

NUTRITION

PER SERVING

370 CALORIES

24g FAT

2.5g SATURATED FAT

0mg CHOLESTEROL

240mg SODIUM

33g CARBOHYDRATES

5g DIETARY FIBER

10g PROTEIN



PREP
TIME
30
MINS

COOK
TIME
160
MINS

SERVES
6

WALNUT-CRUSTED SALMON WITH STEWED CHICKPEAS AND KALE

By Alex Stratta

Plan ahead and make the tasty walnut crust mixture at least two hours ahead of time. The kale and chickpeas may be cooked up to a day in advance, and it seems to gain in flavor when reheated. When guests arrive, all you need to do is bake the fish just before serving. Oven-Dried Walnut Tomatoes are a perfect accompaniment to the salmon and stewed vegetables.

INGREDIENTS

FOR THE SALMON WITH WALNUT CRUST:

3/4 cup California walnut pieces
1/4 cup butter
8 teaspoons dry breadcrumbs
1 1/2 tablespoons chopped chives
Pinch salt
Pinch pepper
6 salmon fillets, 4 ounces each, skin removed if desired

FOR THE STEWED KALE AND CHICKPEAS:

1 1/2 heads kale (about 3/4 pound total), tough stems removed
1 1/2 tablespoons olive oil
2-3 cloves garlic, diced
1/4 teaspoon dried red pepper flakes (or more, if you like spice)
Salt
Pepper
1 cup chicken stock
1 1/2 cups cooked chickpeas (garbanzo beans), or one 15-ounce can garbanzo beans, rinsed and drained

DIRECTIONS

To make the crust mixture, put the walnuts and butter in a food processor and process until the nuts are finely ground, stopping once or twice to scrape down the sides of the container. Add the breadcrumbs, chives, and pinch each of salt and pepper, and process until blended. Scrape into a small bowl, then cover and refrigerate for at least 2 hours, or overnight if you wish.

Coat a large baking pan with nonstick cooking spray. Season the salmon fillets lightly on both sides with salt and pepper and place them, skin-side-down, in the baking pan. Using your fingers, press and pat 2-3 tablespoons of the walnut crust mixture in a thin layer over each piece of salmon.

When you are ready to serve, preheat the oven to 400°F. Bake the salmon for 15–18 minutes, until the crust has browned lightly around the edges.

To make the stewed kale and chickpeas, wash the kale leaves and drain them, then cut the leaves into strips about an inch wide. Set aside. Heat the olive oil in a large, deep pot over medium heat. Add the garlic and red pepper flakes and cook, stirring, for a minute or two, until the garlic begins to brown. Add the kale and season lightly with salt and pepper. Stir and toss to coat the kale with the oil and garlic mixture; then cook about 5 minutes, stirring often, until it begins to wilt. Add 1/2 cup of the chicken stock then cover the pan and cook over medium-high heat, stirring once or twice, for 15 minutes.

Add the chickpeas and the remaining 1/2 cup of chicken stock. Cover and continue cooking over medium heat, stirring occasionally, 15–20 minutes more, until the chickpeas and kale are very tender. If made ahead of time, cool to room temperature, then cover and refrigerate. Reheat before serving.

To serve, spoon the kale mixture into warm bowls or plates, then top with a piece of walnut-crusted salmon.

NUTRITION

PER SERVING

460 CALORIES

28g FAT

8g SATURATED FAT

85mg CHOLESTEROL

340mg SODIUM

19g CARBOHYDRATES

4g DIETARY FIBER

31g PROTEIN



PREP
TIME
20
MINS

COOK
TIME
35
MINS

SERVES
8

WALNUT ROSEMARY POLENTA WITH TOMATO MUSHROOM SAUTÉ

By Mindee Curtis

A delicious entree or side dish for vegetarians and meat-eaters alike.

INGREDIENTS

2 tablespoons olive oil
2 tablespoons butter
1 medium onion, finely chopped
16 ounces white button mushrooms,
wiped clean and sliced
Salt and pepper to taste
2 garlic cloves, minced
1/2 cup white wine
1 tablespoon fresh rosemary
1 14-ounce can crushed tomatoes
2 1/2 cups canned low-salt vegetable
or chicken stock
1 cup skim milk
1 cup yellow cornmeal or quick
cooking polenta
1 tablespoon fresh rosemary
3/4 cup grated low-fat Cheddar
cheese
3 tablespoons butter
1/2 cup California walnuts, toasted,
finely chopped

DIRECTIONS

In a large skillet, heat oil and butter over medium heat.
Add onion; cook, stirring often, until soft, about 5 minutes.
Add mushrooms; season generously with salt and pepper.
Cover and cook until mushrooms release their juices, about
10 minutes.
Add the minced garlic. Uncover pan; raise heat to high.
Cook, stirring often, until liquid has evaporated and
mushrooms are brown, 2 to 3 minutes.
Add wine, rosemary, and tomatoes.
Simmer until sauce has thickened, 10 to 15 minutes.
Meanwhile, make the polenta. In a large saucepan over high
heat, bring stock and milk to a boil.
Reduce heat to medium, and very gradually, add cornmeal in
a thin stream, whisking constantly until smooth.
Reduce heat to medium-low; simmer, whisking often, until
thickened, 8 to 10 minutes.
Remove from heat and stir in reserved rosemary, cheese,
butter, and walnuts. Salt and pepper to taste.
Serve the polenta topped with the tomato mushroom sauté.

NUTRITION

PER SERVING

300 CALORIES

17g FAT

6g SATURATED FAT

20mg CHOLESTEROL

250mg SODIUM

27g CARBOHYDRATES

3g DIETARY FIBER

9g PROTEIN



PREP
TIME
5
MINS

COOK
TIME
8
MINS

SERVES
8

TOASTED WALNUT HUMMUS

By Alisa Demarco

This citrusy, nutty hummus makes a great dip and spread. Try spreading it on a panini made with grilled vegetables for a healthful, vegetarian sandwich.

INGREDIENTS

- 1/2 cup California walnuts
- 3 tablespoons walnut oil
- 1 garlic clove, quartered
- 1 14-ounce can chickpeas or garbanzo beans, drained and rinsed
- 1/2 teaspoon orange zest
- 1/4 cup orange juice
- 1 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS

Toast walnuts in 350°F oven for 8 minutes or until golden brown. Cool to room temperature.

Combine toasted walnuts with oil and garlic and **puree** in food processor or blender until smooth.

Add chickpeas, orange zest, orange juice, salt and pepper and continue to blend to an even, smooth consistency. Adjust seasoning if necessary.

Serve hummus in small serving bowl alongside toasted pita bread or with a variety of colorful raw vegetables.

NUTRITION

PER SERVING

170 CALORIES

11g FAT

1g SATURATED FAT

0mg CHOLESTEROL

400mg SODIUM

13g CARBOHYDRATES

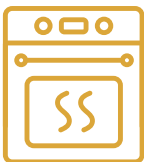
4g DIETARY FIBER

5g PROTEIN

HOW TO TOAST WALNUTS

Toasting walnuts is a step that some cooks skip, which is unfortunate because this simple effort can really transform a dish from good to amazing. It deepens the flavor of walnuts, making them even more nutty and complex. It also gives them a crisper texture, which is one of the reasons they make great additions to so many recipes.

There are two basic ways to toast walnuts: in the oven or on the stovetop.



Oven Toasting

Great for large and small batches of walnuts.

Directions

Preheat oven to 350°F.

Do not chop or mince the walnut halves before toasting.

Place nuts in a single layer in an ungreased, shallow pan or rimmed cookie sheet in order to prevent spillage.

Bake 8 to 10 minutes or until the nuts are golden brown.

Stir or shake the pan during toasting in order to aid in their browning evenly.

Be careful not to burn the walnuts.

Remove the pan to cool.

Toasted, deep golden-colored walnuts will continue to brown slightly after they're removed from the oven.

If desired, sprinkle with salt when cool.



Stovetop Toasting

Good for small batches of walnuts.

Directions

Do not chop or mince the walnut halves before toasting.

Heat walnuts in a dry, heavy skillet over medium heat for 1 to 2 minutes or until they are golden brown and smell toasted.

Since the nuts will burn easily in a skillet, you must stir constantly to ensure even toasting until the nuts turn a rich, golden brown.

Remove walnuts to a plate or bowl to cool.

If desired, sprinkle with salt when cool.

TIPS FOR BUYING WALNUTS

After California walnuts are harvested, they are held in cold storage to ensure that high-quality, fresh-tasting walnuts are available throughout the year.



Shelled Walnuts

Available in bags and in bulk bins in the produce section or snacking and baking aisles. Sold as halves, halves and pieces, pieces, and chopped, shelled walnuts are available in supermarkets and club stores year-round.



In-Shell Walnuts

Available in bags and in bulk bins, typically in the produce section. Stock up in the fall and early winter months when in-shell walnuts are most readily available.

HOW TO STORE WALNUTS

Storing walnuts correctly can preserve their taste and flavor, but some people might not realize that the pantry isn't the best place to keep them. At-home cooks can get the most out of their walnuts by following a few simple tips.

Keep Air Out

If you buy walnuts in sealed packaging, you can store them in their original packaging. Once you open the sealed bag or if you buy bulk walnuts, transfer them to an airtight container to maintain freshness.

Cold Storage = Fresh Taste

The best place to store walnuts is in the refrigerator if you're planning to use them right away, or freezer if you'll be storing them for a month or longer. Walnuts can absorb flavors of other foods so keep them away from foods with strong odors.

Prep as Needed

Only shell, chop or grind walnuts as needed right before using them. This will help maintain great flavor.

Know When They've Gone Bad

Walnuts can go rancid when exposed to warm temperatures for long periods of time. If your walnuts have a sour odor, it's time to throw them away!





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