



**Walnut, Avocado & Fruit Smoothie Bowl**



**Salmon with Asian Walnut Slaw**



**Walnut Taco Bowl**

# #TEAMGOODFAT

Research has uncovered benefits to eating dietary fats such as polyunsaturated and monounsaturated fats, found in foods such as walnuts, salmon, avocados, and olive oil.

The scientific evidence led to changes in recommendations of dietary fat consumption in the 2015-2020 Dietary Guidelines for Americans.

California walnuts are a good-fat food that supply a rich source of the plant-based omega-3 ALA\* and a tasty crunch too.



**For recipes, resources and more,  
visit [walnuts.org/TeamGoodFat](https://walnuts.org/TeamGoodFat)**

\*One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid (ALA) - the plant-based omega-3 - and has 4g of protein and 2g of fiber.



## Crunchy Walnut Crusted Salmon Patties



By Jenny Shea Rawn, MS, MPH, RD, recipe developer and healthy food blogger at My Cape Cod Kitchen

**Preparation time:** 10 mins | **Cook time:** 10 mins  
**Total time:** 20 mins

**Number of servings:** 4 | **Serving size:** 2 patties

### INGREDIENTS

#### Salmon Patties

- 3 - 5 ounce cans skinless boneless salmon, drained well
- 1 1/4 cup plain panko breadcrumbs, divided\*
- 1 tablespoon Italian seasoning
- 3 eggs
- 1/4 cup fresh parsley, finely chopped
- 1/8 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 tablespoon extra virgin olive oil
- 1/2 cup California walnuts, finely chopped

#### Vinaigrette

- 1/4 cup extra virgin olive oil
- 1 lemon, juice and zest
- 1 teaspoon honey
- 1 teaspoon stone ground mustard
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

#### Assembly

- 6 cups baby kale and spinach (or mixed greens)
- 1 avocado, thinly sliced
- 1/4 cup California walnuts, chopped
- 4 lemon wedges

### DIRECTIONS

#### Salmon Patties

1. In a medium sized mixing bowl, combine salmon, 3/4 cup breadcrumbs, eggs, parsley, salt, pepper and garlic powder.
2. Spread remaining breadcrumbs and finely chopped walnuts on a plate. Using a 1/4 cup measure, scoop out salmon mixture into your palm and form into patties. Press patties into breadcrumb and walnut mixture to coat on both sides. Repeat with all patties.

3. Heat olive oil in a medium sized skillet over medium heat. Pan fry salmon patties for 4-5 minutes on each side until lightly browned and crispy. Fry patties in batches, if needed. Place cooked patties on a plate.

#### Vinaigrette

In a small bowl, whisk together olive oil, lemon juice and zest, honey, mustard, salt and pepper.

#### Assembly

Divide greens, avocado, walnuts and lemon wedges among 4 salad plates. Top with salmon patties and drizzle with vinaigrette.

#### Serving Note

Instead of a salad, these patties may be served atop a toasted whole grain or whole wheat bun or bread with a smear of sour cream or stone ground mustard with avocado, lettuce and tomato – and a lemon wedge on the side.

#### Recipe Note

Instead of plain breadcrumbs plus Italian seasoning, you could use reduced or low sodium seasoned panko crumbs.

#### Nutrition Information Per Serving

608 calories, 43 g total fat, 7g saturated fat, 15 g polyunsaturated fat, 20g monounsaturated fat, 195mg cholesterol, 561mg sodium, 28g total carbohydrate, 6g dietary fiber, 4g total sugars, includes 0g added sugars, 34g protein, 8mcg vitamin D, 8mg calcium, 14mg iron, 662mg potassium

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