




Walnut Raspberry Salad  
with Raspberry Vinaigrette



# California Walnuts

FOR THE BEST SIMPLE SALADS EVER

For flavor, texture and heart-healthy\* goodness, toss in chopped or toasted California walnuts. For these recipes and more visit [Walnuts.org](http://Walnuts.org)   



So Simple. So Good.™



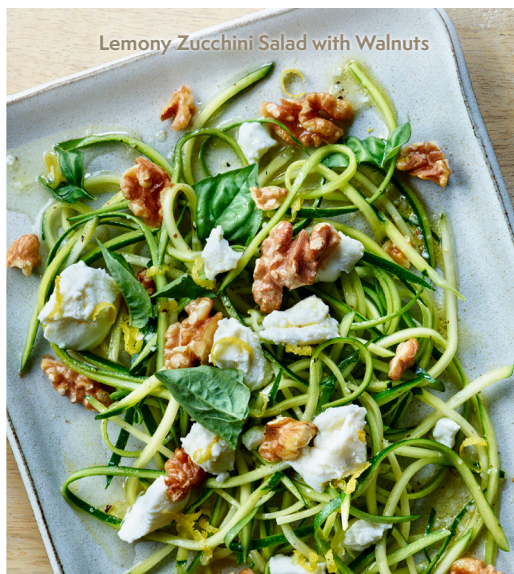
Per one ounce serving.

\*Heart-Check food certification does not apply to recipes unless expressly stated. See [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines). Supportive but not conclusive research shows that eating 1.5 ounces 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. (FDA) 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 – the plant-based omega-3.

Romaine Salad with Walnuts and Beets



Lemony Zucchini Salad with Walnuts



Kale, Apple, Pancetta and Walnut Salad

