



California Walnuts

FOR THE BEST KID FRIENDLY MEALS EVER

For flavor, crunch and heart-healthy* goodness, remember the California walnuts. For these and other recipes your kids will love, visit Walnuts.org [f](#) [t](#) [p](#)



So Simple. So Good.™



Per one ounce serving.

*Heart-Check food certification does not apply to recipes unless expressly stated. See 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.

Chicken and Walnut Dumpling Soup



Waldorf Salad



Walnut Chili Mac

