



HEART-HEALTHY WALNUT RECIPES



WALNUTS & HEART HEALTH

FOR MORE THAN

25

YEARS

published research has been investigating how eating walnuts affects various heart-health¹ biomarkers and risk markers including, but not limited to:

- ▶ **LDL and HDL Cholesterol**
- ▶ **Apolipoprotein B and Non-HDL Cholesterol**
- ▶ **Blood Pressure**
- ▶ **Inflammation**
- ▶ **Endothelial Function**
- ▶ **Plaque Formation**

Visit walnuts.org for the latest walnut health research and delicious recipes.¹



WALNUTS are the **ONLY NUT** that contains a significant amount of the plant-based omega-3 ALA (2.5 grams/ounce)

One ounce of walnuts also offers 4 grams of protein, 2 grams of fiber, and 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.

Crunchy California walnuts add flavor, texture and heart-healthy² goodness to these recipes. Walnuts are certified by the American Heart Association with the Heart-Check mark.



USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018

¹ Heart-Check Certification does not apply to scientific research by an organization other than the American Heart Association, unless expressly stated.

² 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. 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.



BREAKFAST QUINOA WITH WALNUT CREAM AND BLUEBERRIES



BREAKFAST QUINOA WITH WALNUT CREAM AND BLUEBERRIES

Created By Rebecca Katz – Cookbook Author

INGREDIENTS

WALNUT CREAM

- 1 C California walnuts
- 1 C Water
- 1 tsp Lemon juice, freshly squeezed
- 1 tsp Maple syrup
- ½ tsp Sea salt

QUINOA

- 1 C Quinoa
- 2 C Water
- ¼ tsp Sea salt
- 2 Tbsp Orange juice, freshly squeezed
- 1 Tbsp Maple syrup
- 1 tsp Cinnamon, ground
- ½ tsp Ginger, ground
- ⅛ tsp Nutmeg, ground or freshly grated
- ½-2 C Blueberries, fresh
- ¾ C California walnuts, toasted, coarsely chopped

PREPARATION: 10 minutes **COOK:** 25 minutes **TOTAL TIME:** 35 minutes **SERVINGS:** 6
SERVING SIZE: ½ C Quinoa Mixture, ⅓ C Blueberries, ⅓ C Walnuts, 1 Tbsp Walnut Cream

DIRECTIONS

1. Preheat oven to 350° F. 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 oven for 8 to 10 minutes, then cool completely.
2. 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 to 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.)
3. To prepare the quinoa, rinse it in a strainer and drain it well. In a medium size 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. Remove from heat to cool for a few minutes then fluff up with a fork.
4. When you are ready to serve, stir the ½ 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.
5. Serve the quinoa warm, cold or at room temperature. When fresh blueberries are not in season, substitute frozen or dried berries, dried cranberries or cherries. Note that the walnut cream needs to be started the day before you use it.

Nutrition Information Per Serving: 370 calories, 24g total fat, 2.5g saturated fat, 3.5g mono-unsaturated fat, 17g polyunsaturated fat, 0mg cholesterol, 300mg sodium, 360mg potassium, 34g total carbohydrate, 6g dietary fiber, 9g total sugars, 10g protein





SWEET AND SPICY WALNUTS



SWEET AND SPICY WALNUTS

INGREDIENTS

- 4 C California walnut halves and pieces
- 2 Egg whites, lightly beaten
- ½ C Granulated sugar
- 2-3 tsp Cayenne pepper

PREPARATION: 5 minutes **COOK:** 10 minutes **TOTAL TIME:** 15 minutes **SERVINGS:** 16
SERVING SIZE: ¼ C

DIRECTIONS

1. Preheat oven to 350°F.
2. Toss walnuts with egg whites.
3. Mix sugar with cayenne pepper and toss with the walnuts and egg whites.
4. Spread walnuts on a baking sheet that has been lightly coated with cooking spray.
5. Bake for about 10 to 12 minutes or until walnuts are crisp and caramelized. Let cool and enjoy.

Nutrition Information Per Serving: 220 calories, 19g total fat, 2g saturated fat, 3g monounsaturated fat, 14g polyunsaturated fat, 0mg cholesterol, 10mg sodium, 140mg potassium, 11g total carbohydrate, 2g dietary fiber, 7g total sugars, 5g protein





REFRESHING WALDORF SALAD



REFRESHING WALDORF SALAD

INGREDIENTS

- ½ C Non-fat plain yogurt or ⅓ C nonfat Greek-style yogurt
- ½ C California walnuts
- 2 Tbsp Mayonnaise, preferably made with canola oil
- 1 tsp Lemon juice
- 1 tsp Honey
- 1 C Chopped celery
- 2 Apples, medium size, chopped (about 2½ C)

PREPARATION: 10 minutes **COOK:** 10 minutes **TOTAL TIME:** 20 minutes **SERVINGS:** 4
SERVING SIZE: 1⅓ C

DIRECTIONS

1. Preheat the oven to 350°F.
2. If using regular yogurt instead of Greek-style yogurt, place in a strainer lined with a paper towel. Put the strainer over a bowl and place in the refrigerator to drain and thicken for 20 minutes.
3. Spread the walnuts on a baking sheet and toast in the oven for 8 to 9 minutes. Set aside to cool; then chop coarsely.
4. In a small bowl, combine the thickened or Greek-style yogurt, mayonnaise, lemon juice, and honey until smooth.

Nutrition Information Per Serving: 210 calories, 15g total fat, 1.5g saturated fat, 2g monounsaturated fat, 11g polyunsaturated fat, 5mg cholesterol, 70mg sodium, 240mg potassium, 16g total carbohydrate, 3g dietary fiber, 11g total sugars, 5g protein





QUINOA-CHICKEN SALAD WITH TOASTED WALNUTS, GRAPES AND ARUGULA



QUINOA-CHICKEN SALAD WITH TOASTED WALNUTS, GRAPES AND ARUGULA

INGREDIENTS

CHICKEN

- 12 oz. Chicken, boneless, skinless
- 1 tsp Kosher salt
- ¼ tsp Peppercorns

SALAD

- 5 Tbsp Extra virgin olive oil, divided
- 1 Yellow onion, medium, small dice, about ¾ C
- ½ C Quinoa, rinsed
- 2 Tbsp Thyme leaves, fresh, minced
- 2½ C Vegetable broth, low-sodium, chicken broth, or water
- 2 C Red grapes, halved
- 1 C California walnuts, finely chopped, toasted
- 4 Celery stalks, small dice, about 1½ C
- 5 Tbsp White balsamic vinegar
- 3 oz. Baby arugula, wild

PREPARATION: 15 minutes **COOK:** 45 minutes **TOTAL TIME:** 60 minutes **SERVINGS:** 4
SERVING SIZE: 1½ C

DIRECTIONS

CHICKEN

1. Fill a medium pot with water and add the chicken, kosher salt, and peppercorns. Bring to a boil over high heat. Reduce heat and simmer for 15 to 20 minutes, or until juices run clear and the chicken is fully cooked through.
2. Remove from heat and set aside. While the chicken is cooling, cook the quinoa. Chicken can be made up to 4 days in advance, refrigerated and stored in an airtight container until ready to use.

SALAD

3. Heat 3 tablespoons of olive oil in a large frying pan over medium-high heat. Add onion, salt and pepper, stir and cook until translucent, about 3 minutes. Add the quinoa and thyme and cook until the quinoa is toasted and makes a popping noise, about 2 minutes.
4. Add the broth, reduce the heat to medium-low, and cook the quinoa uncovered until it is al dente (the little tails will come off the end of each grain), about 12 to 15 minutes. Remove quinoa from heat, spread in a thin layer on a rimmed baking sheet and set aside to cool briefly, at least 5 minutes. Quinoa can be made up to 4 days in advance, refrigerated and stored in an airtight container until ready to use.
5. Shred the chicken into bite-sized pieces and toss with the remaining 2 tablespoons of olive oil and season with a pinch of salt and some freshly ground black pepper. Once the quinoa is cool, combine quinoa, shredded chicken, grapes, walnuts, celery and vinegar and stir to thoroughly coat. Just before serving, fold in the arugula, taste, adjust seasoning as desired, and serve.

Nutrition Information Per Serving: 360 calories, 21g total fat, 2.5g saturated fat, 8g mono-unsaturated fat, 9g polyunsaturated fat, 25mg cholesterol, 340mg sodium, 470mg potassium, 30g total carbohydrate, 4g dietary fiber, 10g total sugars, 15g protein





SWEET AND SPICY BRUSSELS SPROUTS



SWEET AND SPICY BRUSSELS SPROUTS

INGREDIENTS

- ½ C California walnuts, coarsely chopped
- 2 Tbsp Vegetable oil
- 1 lb. Brussels sprouts, small, trimmed and halved
- 1 tsp Ginger, fresh, grated
- ¼ C Vegetable broth
- 1 Tbsp Honey
- 1 Tbsp Lime juice
- 1 tsp Chili garlic sauce
- 1 tsp Soy sauce

PREPARATION: 10 minutes **COOK:** 15 minutes **TOTAL TIME:** 25 minutes **SERVINGS:** 5
SERVING SIZE: 1 C

DIRECTIONS

1. Place walnuts in a large skillet over medium heat. Cook for 5 minutes, stirring frequently, until toasted and fragrant. Remove from skillet and set aside.
2. Heat oil in same skillet over medium-high heat. Add Brussels sprouts and ginger and cook for 5 minutes, stirring frequently, until sprouts are lightly browned.
3. Add remaining ingredients and reduce heat to low. Cook for 5 to 10 minutes more (depending on size) or until sprouts are tender and nicely glazed with sauce. Toss with walnuts.

Nutrition Information Per Serving: 180 calories, 14g total fat, 1.5g saturated fat, 2.5g monounsaturated fat, 9g polyunsaturated fat, 0mg cholesterol, 75mg sodium, 370mg potassium, 13g total carbohydrate, 4g dietary fiber, 6g total sugars, 4g protein





CHICKEN, WALNUT AND BROWN RICE FAMILY FAVORITE STIR-FRY



CHICKEN, WALNUT AND BROWN RICE FAMILY FAVORITE STIR-FRY

Created By Jim Coleman – Chef

INGREDIENTS

- 2 C Water
- 1 C Brown rice
- Salt or sea salt (optional)
- ¼ C Cherries, dried, chopped
- ¼ C Apricots, dried, chopped
- ¼ tsp Cinnamon
- 2 Tbsp Olive oil
- ½ lb. Chicken thighs, skinless, boneless, cut into ½-inch cubes
- 4 Garlic cloves, peeled, minced
- 3 Shallots, peeled, diced
- ½ C Celery, chopped
- ½ C California walnuts, chopped
- 1 Tbsp Tarragon, fresh, chopped
- 2 Tbsp Chives, fresh, chopped

PREPARATION: 20 minutes **COOK:** 60 minutes **TOTAL TIME:** 1 hour 20 minutes
SERVINGS: 4 **SERVING SIZE:** 1½ C

DIRECTIONS

1. In a heavy saucepan bring the water to a boil. Add the rice, ½ teaspoon salt if desired, and stir until the water returns to a boil. Reduce the heat to low, cover, and simmer until the rice is tender and has absorbed the liquid, about 45 minutes.
2. Add the cherries, apricots and cinnamon to the cooked hot rice. Fluff gently with a fork to combine, then set aside covered to keep the rice warm.
3. Heat the oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, stirring frequently, for 3 to 4 minutes. Add the garlic, shallots and celery and continue to cook, stirring, for about 5 minutes, until the vegetables are soft and the chicken is cooked through. Add the walnuts, tarragon, and 1 tablespoon of the chives. Salt to taste.
4. Add the rice to the skillet and stir to combine and heat through. Divide the mixture among 4 warm plates and sprinkle with the remaining chives. To serve family style, sprinkle with chives and serve directly from the skillet.

Nutrition Information Per Serving: 470 calories, 21g total fat, 3g saturated fat, 8g monounsaturated fat, 9g polyunsaturated fat, 50mg cholesterol, 65mg sodium, 490mg potassium, 55g total carbohydrate, 5g dietary fiber, 12g total sugars, 17g protein

