



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

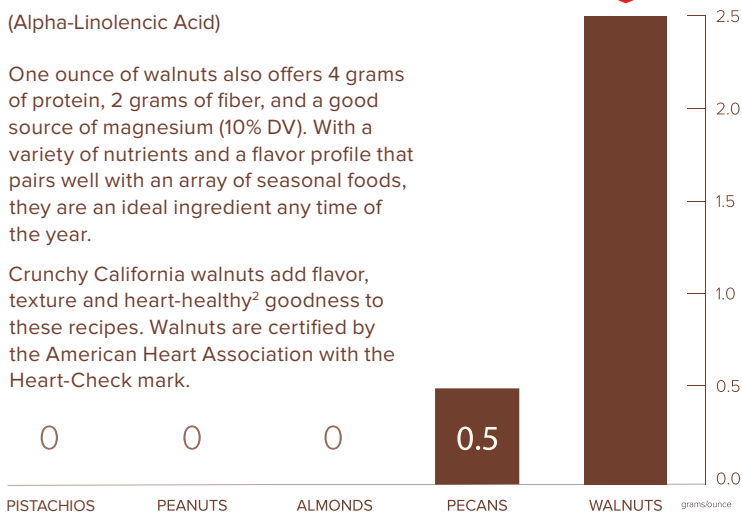


The **ONLY** Nut with an Excellent Source of **OMEGA-3 ALA**

(Alpha-Linolenic Acid)

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.



U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

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.



AVOCADO, ARUGULA, TOMATO, AND WALNUT TOAST



AVOCADO, ARUGULA, TOMATO, AND WALNUT TOAST

By Jenny Shea Rawn

INGREDIENTS

- 2 Slices whole grain bread
(no added sugar)
- ¼ Avocado
- ⅓ C Baby arugula
- 4 Cherry tomatoes,
sliced widthwise
- ¼ C California walnuts, toasted
and roughly chopped
- 1 tsp Balsamic glaze
- ⅛ tsp Salt
- ⅛ tsp Black pepper, freshly ground

PREPARATION: 10 minutes **COOK:** 0 minutes **TOTAL TIME:** 10 minutes **SERVINGS:** 1
SERVING SIZE: 2 slices

PREPARATION

1. Toast bread. Scoop out avocado flesh and mash in a small bowl with a fork. Spread mashed avocado evenly onto each toast slice.
2. Top avocado with arugula leaves, tomato slices and chopped walnuts.
3. Drizzle with balsamic glaze, then sprinkle with salt and pepper before serving.

Nutrition Information Per Serving: 500 calories, 27g total fat, 3g saturated fat, 7g monounsaturated fat, 9g polyunsaturated fat, 1mg cholesterol, 515mg sodium, 53g total carbohydrate, 13g dietary fiber, 12g total sugars, 6g protein.





BUTTERNUT SQUASH, QUINOA, PEAR, AND WALNUT BOWL



BUTTERNUT SQUASH, QUINOA, PEAR, AND WALNUT BOWL By Jenny Shea Rawn

INGREDIENTS

- 1½ C Butternut squash, 1-inch cubes
- 1 tsp Extra virgin olive oil
- ¼ tsp Salt
- ⅛ tsp Black pepper
- 1 C Quinoa
- 2 C Vegetable broth
- 1 C California walnuts
- ½ tsp Extra virgin olive oil
- 1 tsp Rosemary, dried
- ⅛ tsp Salt
- ⅛ tsp Black pepper
- ¼ C Balsamic vinegar
- ½ C Extra virgin olive oil
- 1 tsp Dijon mustard
- ¼ tsp Rosemary, dried
- 9 C Mixed greens
- 3 Pears, medium, thinly sliced
- 1 Can White beans, (15.5 ounce), low sodium, drained and rinsed
- ⅓ C Feta cheese, reduced fat, crumbled

PREPARATION: 20 minutes **COOK:** 40 minutes **TOTAL TIME:** 1 hour **SERVINGS:** 8
SERVING SIZE: ⅛ of recipe

PREPARATION

1. Preheat oven to 400°F.
2. Drizzle butternut squash cubes with 1 teaspoon olive oil and sprinkle with salt and pepper. Toss to combine. Spread cubes onto foil-lined baking sheet. Roast for 25 to 30 minutes until tender and lightly caramelized, flipping chunks after 15 minutes. Remove from oven.
3. Rinse quinoa under cold water. Bring vegetable broth to a boil in a medium saucepan. Add quinoa and cover. Simmer on low-medium heat for 20 to 25 minutes until liquid is absorbed. Drain any excess liquid. Set aside.
4. Drizzle walnuts with ½ teaspoon olive oil and sprinkle with rosemary, salt and pepper. Toss to combine. Place walnuts onto foil-lined baking sheet in a single layer. Bake for 8 minutes at 350°F until fragrant and toasted. Remove from oven and let cool. Roughly chop walnuts and set aside.
5. For the Balsamic Vinaigrette, combine ½ cup olive oil, balsamic vinegar, mustard, rosemary, salt and pepper in a jar with a tight-fitting lid. Shake to combine and set aside.
6. Divide mixed greens, pears, white beans, feta cheese, butternut squash, quinoa and walnuts equally among 8 bowls. Drizzle with balsamic vinaigrette and serve immediately. (Or divide the ingredients equally into food storage containers to eat throughout the week. Just add the balsamic dressing before serving.)

Nutrition Information Per Serving: 439 calories, 25g total fat, 3.5g saturated fat, 12g monounsaturated fat, 8g polyunsaturated, 3mg cholesterol, 446mg sodium, 44g total carbohydrate, 9g dietary fiber, 11g total sugars, 11g protein.





SLOW COOKER ASIAN PULLED CHICKEN WITH HONEYED WALNUT COLESLAW



SLOW COOKER ASIAN PULLED CHICKEN WITH HONEYED WALNUT COLESLAW

By Jenny Shea Rawn

INGREDIENTS

- 1½ lb Chicken breasts, skinless, boneless
- 1 tsp Soy sauce, reduced-sodium
- 1 tsp Hoisin sauce
- 1 Tbsp Seasoned rice vinegar
- 2 tsp Toasted sesame oil
- 1 Tbsp Garlic powder
- 2 tsp Ginger, freshly grated
- 2 tsp Sriracha
- 1 pkg Coleslaw, (14 oz)
- 1 bunch Scallions, trimmed and thinly sliced
- 2 Tbsp Seasoned rice vinegar
- 1 tsp Sesame oil
- ¾ C California walnuts
- 1 tsp Honey
- 8 Burger buns, whole wheat

PREPARATION: 10 minutes **COOK:** 4 hours, 30 minutes **TOTAL TIME:** 4 hours, 40 minutes
SERVINGS: 8 **SERVING SIZE:** ½ of recipe

PREPARATION

1. Place chicken in slow cooker. Combine soy sauce, hoisin sauce, rice vinegar, sesame oil, garlic powder, ginger and Sriracha in medium bowl. Whisk to combine. Pour over chicken.
2. Cover and cook chicken on high for 4 hours, until the thickest part of the breasts reaches an internal temperature of 165°F, as measured with a meat thermometer.
3. Using two forks, shred the chicken in the slow cooker while the chicken remains in the cooking liquid. Keep covered on warm until ready to serve. Refrigerate pulled chicken in one airtight container or individual serving containers.
4. Combine coleslaw, scallions, rice vinegar and sesame oil in large bowl. Toss well. Refrigerate coleslaw in one airtight container or individual serving containers.
5. Preheat oven to 350°F.
6. Drizzle walnuts with honey. Toss to combine. Place walnuts onto foil-lined baking sheet in a single layer. Bake for 8 minutes. Remove from oven, cool, and roughly chop. Refrigerate in an airtight container.
7. Place pulled chicken on the bottom bun, then add coleslaw and honeyed walnuts. Add top bun and serve.

Nutrition Information Per Serving: 348 calories, 12g total fat, 2g saturated fat, 2g monounsaturated fat, 6g polyunsaturated, 63mg cholesterol, 360mg sodium, 32g total carbohydrate, 5g dietary fiber, 9g total sugars, 22g protein.





TOASTED WALNUT, BLACK BEAN, CORN, AND TOMATO SALAD

TOASTED WALNUT, BLACK BEAN, CORN, AND TOMATO SALAD

By Jenny Shea Rawn

INGREDIENTS

- 1 C California walnut halves
- 3 C Black beans, no salt added, drained and rinsed
- 16 oz Sweet corn, frozen, prepared according to directions, and cooled
- 2 oz Mozzarella cheese pearls
- 1 Pt Grape tomatoes, halved
- 1 bunch Scallions, white and green parts, thinly sliced
- 1 bunch Cilantro, roughly chopped
- ½ C Seasoned rice vinegar
- 3 Tbsp Extra virgin olive oil
- ¼ tsp Black pepper
- 5 oz Baby spinach and kale blend (1 container)
- 1 Lime, cut into wedges

PREPARATION: 12 minutes **COOK:** 20 minutes **TOTAL TIME:** 32 minutes **SERVINGS:** 6
SERVING SIZE: ⅓ of recipe

PREPARATION

1. Preheat oven to 350°F.
2. Place walnuts on a baking sheet in a single layer. Toast for 8 minutes or until lightly toasted and fragrant. Remove from oven, cool, and roughly chop.
3. Equally distribute walnuts, black beans, corn, mozzarella, tomatoes, scallions and cilantro into 6 lunch containers. Refrigerate until ready to serve.
4. To make the dressing, add rice vinegar, extra virgin olive oil and black pepper to a small bowl. Whisk until well combined. Divide equally into 6 individual salad dressing containers and refrigerate.
5. When ready to serve add baby spinach and kale greens to toasted walnut, black bean, corn and tomato salad containers.
6. Shake salad dressing well and pour into lunch container when ready to eat. Serve with lime wedges.

Nutrition Information Per Serving: 416 calories, 21g total fat, 3g saturated fat, 7g monounsaturated fat, 9g polyunsaturated, 2mg cholesterol, 456mg sodium, 51g total carbohydrate, 13g dietary fiber, 15g protein.





BREAKFAST QUINOA WITH WALNUT CREAM AND BLUEBERRIES



BREAKFAST QUINOA WITH WALNUT CREAM AND BLUEBERRIES

By Rebecca Katz

INGREDIENTS

- 1 C California walnuts
- 1 C Water
- 1 Tbsp Orange juice
- 2 tsp Maple syrup (more for a slightly sweeter cream)
- ½ tsp Sea salt
- 1 C Quinoa
- 2 C Water
- ¼ tsp Sea salt
- 1 tsp Cinnamon, ground
- ½ tsp Ginger, ground
- ⅛ tsp Nutmeg, ground or freshly grated
- 2 tsp Orange zest, freshly grated
- 2 Tbsp Orange juice, freshly squeezed
- 1 Tbsp Maple syrup
- 1½ -2 C Blueberries, fresh
- ¾ C California walnuts, toasted, coarsely chopped

PREPARATION: 10 minutes **COOK:** 25 minutes **TOTAL TIME:** 35 minutes **SERVINGS:** 8
SERVING SIZE: ⅓ of recipe

PREPARATION

1. To prepare the walnut cream, place walnuts in a bowl, add water to cover, and let stand overnight.
2. 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.
3. Put the walnuts, 1 cup water, orange juice, maple syrup and salt into a blender. Blend on high until creamy and smooth, about 1-2 minutes. (A food processor may also be used, but cream will not be quite as smooth.) Transfer to a bowl or jar.
4. To prepare the quinoa, rinse under cold water and drain well. In a medium-sized saucepan bring the quinoa, 2 cups of water, sea salt, cinnamon, ginger, nutmeg, and orange zest to a boil over high heat. Turn the heat to low, cover and simmer until the water is absorbed, about 15 minutes. Remove from heat and set aside to cool for a few minutes, then fluff the quinoa up with a fork.
5. Stir ½ cup of walnut cream with orange juice, maple syrup, and cooked quinoa. Top with a dollop of the remaining walnut cream, a small handful of blueberries, a sprinkling of toasted walnuts and serve.

Nutrition Information Per Serving: 260 calories, 16g total fat, 1.5g saturated fat, 2.5g monounsaturated fat, 11g polyunsaturated, 0mg cholesterol, 190mg sodium, 26g total carbohydrate, 4g dietary fiber, 7g protein.





SWEET AND SPICY WALNUTS



SWEET AND SPICY WALNUTS

By Rob Stevens

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 lightly coated with cooking spray.
5. Bake for about 10-12 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

