

CALIFORNIA WALNUTS

SIMPLE RECIPES AND TIPS



California
WALNUTS



SUMMERTIME... AND THE RECIPES ARE EASY!

Summer's here, and one of the best ways to enjoy the warm summer weather is by cooking and enjoying outdoors with family and friends.

California walnuts go great with fresh summer salads, fruits and cheeses, and they're perfect for topping summer veggies like squash, string beans and zucchini. Walnuts can even plus up grilled items like seafood, chicken and burgers too, or act as a great plant-based alternative. Whatever you're making this summer, make sure to have plenty of California walnuts on hand to go with it. They'll make all your simple summer meals more special.



Fresh Fruits



Fresh Vegetables



Seafood



Fresh Cheese

Summer	Blueberries Plums Apricots Peaches	Summer Squash Green Beans Eggplant Zucchini	Trout Salmon Mahi Mahi	Brie Taleggio Camembert
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7 SIMPLE WAYS TO USE WALNUTS IN THE KITCHEN

Chopped Walnut Coating

For a welcome crunch, skip the bread crumbs and use finely chopped walnuts as a coating for fish or poultry.

Walnut Aioli

Adding chopped walnuts to aioli gives the spread great texture and crunch. Use it on wraps and sandwiches, or as a dip with roasted or grilled vegetables.

Salsa Verde with Walnuts

Toast walnuts for an earthy flavor to brighten zesty sauces such as salsa verde. Enjoy on everything from crispy-roasted salmon to pulled pork.

Walnut Butter

Walnut butter is easy to make and offers a variety of convenient applications. Spread on crostini and garnish with a slice of fruit or fresh herbs, or use it as a dip for crisp veggies.

Walnut Pesto

Combine walnuts, basil, olive oil and garlic for a delicious take on pesto as a perfect addition to pizza, pasta and sandwiches.

Sauce Thickener

Grind walnuts into meal and use it as a creamy and wholesome thickener for sauces.

Meat Substitute

Pulse walnuts and either mushrooms, cauliflower or beans through a food processor with desired seasoning and use as a replacement in scrambles, tacos or pasta sauces.



Chefs around the world are finding increasingly innovative ways to use walnuts, inspiring at-home cooks looking for creative ways to use familiar and easy-to-find ingredients.

The flavor and texture of walnuts make them perfect for sauces and spreads. And their crunch is a welcome addition to favorite dishes and new recipes alike. Here are some easy ways home cooks can try using walnuts in their cooking.

ONE OUNCE OF WALNUTS

The 2015 Dietary Guidelines encourages a shift from current eating patterns to a healthy eating pattern including nutrient-dense foods and beverages in place of less nutritious choices.¹ Among other things, a healthy eating pattern includes a variety of protein foods like nuts and seeds along with seafood, lean meats and poultry, eggs, legumes, and soy products.



¹ USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018

WHERE DO CALIFORNIA WALNUTS COME FROM?

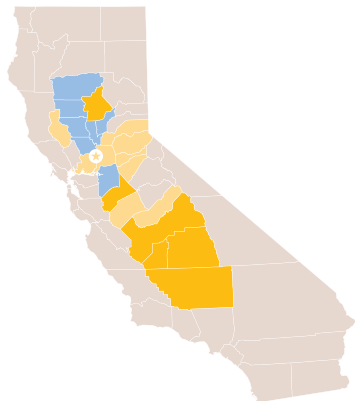
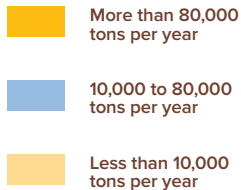
When people pick up a bag of walnuts at the grocery store, they don't always realize they are likely buying them from a family-owned farm in California.

Walnut production takes commitment and patience, and our farmers are passionate about growing and harvesting high-quality walnuts.

- ▶ More than 99% of walnuts grown in the United States come from California's 335,000 bearing acres of walnut orchards.
- ▶ The Central Valley of California is the state's prime walnut growing region, with a mild climate and deep fertile soils that provide ideal growing conditions.
- ▶ There are more than 4,800 California walnut growers, and most farms are owned and operated by families who have been in the walnut business for several generations.

WHERE ARE WALNUTS GROWN?

Walnut Tonnage by County



Walnut Avocado and Fruit Smoothie Bowl

SMOOTHIE BOWL

- 1 C Walnut milk
- ½ Avocado
- ½ C Spinach
- ¼ C Green grapes

TOPPING

- 1 Kiwi, sliced
- 3 Strawberries, sliced
- 2 tbs Oats
- 2 tbs California walnuts

DIRECTIONS

1. Combine all ingredients for the smoothie in a blender and purée until it has a smooth and creamy consistency.
2. Pour the smoothie into a bowl, decorate with kiwi, strawberries, oats, California walnuts and serve.

Total Time: 5 min / Active Time: 5 min / Servings: 1





Total Time: 35 min / Cook Time: 20 min / Active Time: 15 min / Servings: 8

Barbecued Chicken and Fiery Walnut Pizza

INGREDIENTS

- 2 tsp Olive oil
- 1 Pizza crust, prepared (about 12 inches across), or 1 bag (about 16 oz.) ready-to-bake pizza dough
- ½ C Barbecue sauce*
- 1 Tomato, large thinly sliced
- 1 C Chicken breast (4 - 5 oz.), diced, cooked
- 1½ C Mozzarella or cheddar cheese, grated (about 5oz.), or a combination of both
- ¾ C Fiery hot cheddar walnuts, chopped

*Note: Bottled barbecue sauces range from sweet and tangy to bold and spicy. Use your favorite!

DIRECTIONS

1. Preheat oven to 450° F. Smear the olive oil on a 12-inch round pizza pan or a large baking sheet. Place prepared pizza crust on the pan. (If you are using ready-to-bake raw dough, roll, pat and stretch the dough into a 12-inch circle.
2. Spread the barbecue sauce on the crust or dough. Arrange the tomato slices in a single layer over the sauce (it's okay if they don't cover the sauce completely). Distribute the chicken over the tomatoes, then sprinkle with half the cheese. Scatter the walnuts on top, then sprinkle with the remaining cheese.
3. Bake 18-20 minutes, until the cheese is melted and the sauce is bubbling around the edges. Cool for 2-3 minutes, then cut into 8 wedges.



Total Time: 20 min / Active Time: 0 min / Servings: 8

Chunky Walnut Pesto with Heirloom Tomatoes

INGREDIENTS

- 1 C California walnuts, toasted
- 3 C Basil leaves
- 1 Lemon, juiced
- ½ C Parmesan cheese, grated
- 4 Garlic cloves
- ½ C Olive oil
- Salt and pepper, for taste

DIRECTIONS

1. Toast walnuts in 350°F oven for 8 minutes or until golden brown. Cool to room temperature.
2. On a cutting board, sprinkle a light dusting of salt over the cloves of garlic. Using the side of a knife, mash them down rhythmically until it turns into a paste and transfer to a bowl.
3. Roughly chop the walnuts on the same board and add to the bowl.
4. Chiffonade the basil, rolling it up and slicing into thin strips. Or, coarsely tear the leaves into the bowl.
5. Add the cheese and half the lemon juice and fold together with a spatula while drizzling in the olive oil. Check flavor for lemon, salt, and pepper and adjust accordingly.
6. Use pesto as a spread over tomatoes, on toasted walnut bread, or on tomato soup. Cover any unused pesto with a thin layer of oil to prevent the basil from turning brown. (It should hold in the refrigerator for a day or two.)



Total Time: 13 min / Cook Time: 8 min / Active Time: 5 min / Servings: 8

Toasted Walnut Hummus

INGREDIENTS

- ½ C California walnuts
- 3 Tbsp Walnut oil
- 1 Garlic clove, quartered
- 14 oz Can Chickpeas or garbanzo beans, drained and rinsed
- ½ tsp Orange zest
- ¼ C Orange juice
- 1 tsp Salt
- ¼ tsp Black pepper

DIRECTIONS

1. Preheat oven to 250
2. Toast walnuts for 8 minutes or until golden brown. Cool to room temperature.
3. Combine toasted walnuts with oil and garlic and purée in food processor or blender until smooth.
4. Add chickpeas, orange zest, orange juice, salt and pepper and continue to blend to an even, smooth consistency. Adjust seasoning as needed.
5. Serve hummus in a small bowl alongside toasted pita bread or with a variety of colorful raw vegetables.



Total Time: 30 min / Cook Time: 15 min / Active Time: 15 min / Servings: 6

Strawberry Walnut Tartlet

INGREDIENTS

- 1 ½ C California walnut pieces
- 2 Tbsp Butter, softened
- 1 Tbsp Maple syrup
- 1 Tbsp Brown sugar
- 1 C Strawberries, diced
- 2 Tbsp Grand Marnier liqueur
- ½ C Whipping cream, whipped
- 6 Strawberries

DIRECTIONS

1. Preheat oven to 375°F.
2. In a food processor, pulse together walnuts, butter, maple syrup and brown sugar until crumbly. Divide mixture among six 3-inch nonstick tart shell molds, pressing into bases evenly.
3. Bake for 13 to 15 minutes until fragrant and golden brown. Let cool and remove from molds.
4. In a medium bowl, combine strawberries with liqueur and spoon ¼ cup into the base of each tart.
5. Pipe or spoon ¼ cup of whipped cream onto one tart. With a knife, slice off one side of a large strawberry and press a 1-inch diameter maple leaf cookie cutter into the strawberry to form a maple leaf. Place the maple leaf shaped strawberry slices on the tartlet.
7. Repeat with remaining three tarts.
8. Serve immediately.



Total Time: 1 hr, 5 mins / Cook Time: 45 min / Active Time: 20 min / Servings: 4

Grilled Zucchini Salad with “Pizza Walnuts”

INGREDIENTS

- 2 Tbsp Extra virgin olive oil, plus a little extra for the zucchini and the walnuts
- 2 Tbsp Shallots, finely minced
- ½ tsp Garlic, minced or crushed
- ¼-½ tsp Salt
- 1 Tbsp Cider vinegar or red wine vinegar
- Pinch sugar
- Pinches of dried thyme and oregano
- Black Pepper
- ½ lb Zucchini (about 5 small ones), halved, and cut into thin, ⅛-inch slices lengthwise
- 20 California walnut halves, raw or lightly toasted
- 1 Tbsp Parmesan, finely grated

OPTIONAL EXTRAS

- Very fresh, small, halved cherry tomatoes
- High-end extra virgin olive oil for drizzling on top
- Sprigs of fresh marjoram, thyme, oregano
- Small cubes of feta or crumbled goat cheese
- Fresh, sweet corn shaved from the cobs
- Dab of very fresh high-quality ricotta

DIRECTIONS

1. Combine 2 tablespoons olive oil, shallot, garlic, vinegar, ¼ teaspoon of the salt, sugar, pinch each of dried thyme and oregano, and a few shakes of black pepper in a shallow bowl. Whisk to blend and set aside.
2. Set a ridged grill pan over medium heat and brush it lightly with olive oil. Place the zucchini slices on the hot surface in a single layer. Cook on both sides until just tender and decorated with golden grill marks. Transfer the cooked zucchini directly to the marinade.
3. Let the zucchini rest in the marinade to absorb the flavors about a minimum of 30 minutes. Longer is also fine.
4. Combine the Parmesan with pinches of dried thyme and oregano in a small bowl. Line a toaster oven tray with foil, and brush it lightly with olive oil. Place the walnut halves on the tray, with their more concave sides facing up. With a tiny spoon sprinkle the walnuts lightly with the cheese-herb mixture. There should be enough to just cover 20 walnut halves. Place the tray in the toaster oven on the broil setting until the cheese melts slightly and the tops are light golden. This will only take a minute or two. Watch carefully so it doesn't burn! Remove from the oven and cool.
5. Serve the zucchini at room temperature or cold, topped with the walnuts, and a scattering of any or all the optional extras.

Grilled Peaches with Ricotta, Walnuts and Honey

INGREDIENTS

- 4 Ripe peaches, medium, halved, pit removed
 - 1 tsp Vegetable oil
 - ½ C Ricotta cheese
 - ½ C California walnuts
 - ¼ C Honey
 - 4 Fresh mint sprigs
- 3. Clean and lightly oil your grill. Preheat grill to medium high heat. Brush each peach half with oil (or spray with cooking spray) on both sides.
 - 4. Grill peaches cut down for 4-5 minutes until grill marks form. Flip with tongs and grill another 1-2 minutes until peaches are slightly tender. Remove peaches from grill and place on a large plate.

DIRECTIONS

- 1. Preheat oven to 350°F.
- 2. Place walnuts (for marinade and salsa) on a baking sheet and toast 5 minutes. Remove from oven. Roughly chop when cool.
- 5. Place two peach halves on a plate or in a small bowl. Top each half with ricotta and chopped toasted walnuts. Drizzle with honey and garnish with mint. Serve warm.

Total Time: 20 min / Cook Time: 12 min / Active Time: 8 min / Servings: 4





Total Time: 30 min / Cook Time: 15 min / Active Time: 15 min / Servings: 16

Honey Walnut Ice Cream Sandwiches

INGREDIENTS

- ½ C Butter, unsalted at room temperature
- ½ C Sugar
- ½ C Honey
- 1 Egg
- 1¾ C Flour
- ½ tsp Baking soda
- ½ tsp Cinnamon
- ½ tsp Nutmeg
- ¼ tsp Salt
- 1½ C California walnut pieces, toasted
- ½ C Chocolate chips, dark (optional)
- Ice cream

DIRECTIONS

1. In large, dry skillet over medium-high heat, toast walnuts, stirring occasionally, until lightly brown, about 1 to 2 minutes. Set aside and let cool.
2. Preheat oven to 350°F.
3. In a medium bowl, cream butter and sugar together with a hand mixer, about 2 minutes. Add honey and egg, beat to incorporate.
4. Sift together flour, baking soda, cinnamon, nutmeg and salt. Add flour mixture to wet ingredients and stir to combine. Mix in walnut pieces and chocolate chips.
5. Evenly place 1 tbsp portions of cookie dough 2 inches apart on a parchment-lined baking sheet and bake for 10 to 12 minutes or until edges are light golden brown. Let cool.
6. Place a scoop of ice cream on the bottom cookie, then gently top the ice cream with a second cookie. Repeat process with remaining cookies and ice cream. Serve immediately or wrap individually in plastic wrap and place in freezer for up to two weeks.



Total Time: 10 min / Active Time: 10 min / Servings: 4

California Gazpacho with Herbed Walnuts

INGREDIENTS

- 1 ½ lbs Tomatoes (about 5), ripe, peeled chopped
- 1 Cucumber, peeled, seeded, coarsely chopped
- 1 Bell pepper, red or green, small, chopped
- 1 Garlic clove, minced
- 1 Red onion, small finely chopped
- ¼ C White vinegar
- 1 ½ C Tomato juice
- 1 ½ Slices white bread, torn in pieces
Salt, pepper and hot pepper sauce, to taste (optional)
- 4 Flour tortillas, low-fat (for serving)
Herbed walnuts

DIRECTIONS

1. In a large bowl, combine the tomatoes, cucumber, bell pepper, garlic, onion, vinegar, tomato juice and bread.
2. Process the mixture in batches in a food processor or blender just until it is coarsely puréed. it should not be too smooth.
3. Return the mixture to the large bowl, cover, and chill thoroughly. Before serving, if it seems too thick, stir in some tomato juice.
4. Season with salt, pepper and hot pepper sauce to taste, if desired.
5. Ladle the Gazpacho into bowls and top each serving with Herbed Walnuts. Serve with flour tortilla.



Total Time: 26 min / Cook Time: 6 min / Active Time: 20 min / Servings: 6

California Walnut Omega Burgers

INGREDIENTS

- 2 C California walnuts, toasted
- 1 C Garbanzo beans, rinsed and drained
- ½ C Red or white quinoa, cooked
- ¼ C Panko breadcrumbs
- 2 Tbsp Chia seeds, ground
- 2 Tbsp Apple cider vinegar
- 2 Tbsp Olive oil, divided
- ½ tsp Ground cumin
- 2 Eggs
- 2 Garlic cloves
- Salt and pepper to taste
- ½ C California walnuts, finely chopped

DIRECTIONS

1. Combine walnuts, beans, quinoa, breadcrumbs, chia seeds, vinegar, 1 tablespoon olive oil, cumin, eggs, and garlic in food processor. Pulse to finely chop ingredients. Season with salt and pepper.
2. Using wet hands, shape mixture into 6 patties. Lightly press finely chopped walnuts onto both sides.
3. Heat remaining oil in a very large nonstick skillet over medium heat. Cook patties for 3 to 4 minutes on each side or until golden brown, adding additional oil to skillet after turning if necessary.
4. Serve on toasted whole grain buns or ciabatta rolls with lettuce, tomato, onion, and any other desired condiments.

HOW TO TOAST WALNUTS

Toasting walnuts is a step that unfortunately, some cooks skip. This simple effort can transform a dish from good to really amazing. It deepens the flavor of walnuts, making them even more nutty and complex. It also gives them a crisper texture, which is one of the reasons they make great additions to so many recipes.

There are two basic ways to toast walnuts: in the oven or on the stovetop.

STOVETOP TOASTING



Good for small batches of walnuts.

DIRECTIONS

Do not chop or mince the walnut halves before toasting.

Heat walnuts in a dry, heavy skillet over medium heat for 1 to 2 minutes or until they are golden brown and smell toasted.

Since the nuts will burn easily in a skillet, you must stir constantly to ensure even toasting until the nuts turn a rich, golden brown.

Remove walnuts to a plate or bowl to cool.

If desired, sprinkle with salt when cool.



OVEN TOASTING



Great for large and small batches of walnuts.

DIRECTIONS

Pre heat oven to 350°F.

Do not chop or mince the walnut halves before toasting.

Place nuts in a single layer in an ungreased, shallow pan or rimmed cookie sheet in order to prevent spillage.

Bake 8 to 10 minutes or until the nuts are golden brown.

Stir or shake the pan during toasting in order to aid in their browning evenly. Be careful not to burn the walnuts.

Remove the pan to cool.

Toasted, deep golden-colored walnuts will continue to brown slightly after they're removed from the oven. If desired, sprinkle with salt when cool.

TIPS FOR BUYING WALNUTS

After California walnuts are harvested, they are held in cold storage to ensure high-quality, fresh-tasting walnuts are available throughout the year.



Shelled Walnuts

Available in bags and in bulk bins in the produce section or snacking and baking aisles. Shelled walnuts sold as halves and pieces, and chopped are available in supermarkets and club stores year-round.



In-Shell Walnuts

Available in bags and in bulk bins, typically in the produce section. Stock up in the fall and early winter months when in-shell walnuts are most readily available.

HOW TO STORE WALNUTS

Storing walnuts correctly can preserve their taste and flavor. But some people might not realize the pantry isn't the best place to keep them. At-home cooks can get the most out of their walnuts by following a few simple tips.

Cold Storage = Fresh Taste

The best place to store walnuts is in the refrigerator if you're planning to use them right away. If you are storing them for a month or longer, put them in the freezer. Walnuts can absorb flavors of other foods so keep them away from foods with strong odors.

Prep as Needed

Only shell, chop or grind walnuts as needed right before using them. This will help maintain great flavor.

Keep Air Out

If you buy walnuts in sealed packaging, you can store them in their original packaging. Once you open the sealed bag or if you buy bulk walnuts, transfer them to an airtight container to maintain freshness.

Know When They've Gone Bad

Walnuts can go rancid when exposed to warm temperatures for long periods of time. If your walnuts have a sour odor, it's time to throw them away!



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