

CALIFORNIA WALNUTS

SIMPLE RECIPES AND TIPS



WALNUTS THROUGH THE SEASONS

Walnuts are a versatile nut. With a flavor profile that pairs beautifully with a variety of seasonal foods, they can be included in meals any time of the year. Each season offers new opportunities for at-home cooks to learn about flavors that pair well with walnuts. Enjoy them with everything from fresh fruits and vegetables to seafood and cheese in a wide range of recipes for any meal.



Fruits



Vegetables



Seafood



Cheese

Spring	Strawberries Oranges Rhubarb Cherries	Fava Beans Asparagus Spinach Broccoli	Sole Halibut Sea Bass	Goat Ricotta Mozzarella
Summer	Blueberries Plums Apricots Peaches	Summer Squash Green Beans Eggplant Zucchini	Trout Salmon Mahi Mahi	Brie Tellegio Camembert
Fall	Pears Pomegranates Figs Apples	Potatoes Swiss Chard Butternut Squash Brussels Sprouts	Trout Shrimp Cod	Cheddar Manchego Fontina
Winter	Citrus Fruits Persimmons Dates Cranberries	Kale Leeks Artichokes Mushrooms	Shrimp Crab Scallops Rockfish	Stilton Gorgonzola



CLEVER IDEAS FOR SAVING TIME AND MINIMIZING EFFORT

Life Isn't Always Simple

Fortunately, adding heart-healthy* walnuts to everyday meals and snacks is easy. Walnuts can make your life simpler by adding taste, texture and nutrition to almost anything in just moments. And our clever kitchen hacks can also help you save time while you're doing it. Start making your busy life a little bit simpler to manage by cooking with walnuts and using our kitchen hacks today.



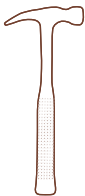
Ice Cube Tray for Saving Sauce

Our walnut pesto recipe is a crowd pleaser! Save time and the delicious sauce with this simple hack. When you have left over sauce, don't throw it away or stash it in the fridge where it could be forgotten. Instead, pour the rest into an ice cube tray. After they're frozen, pop them into a ziplock bag.



Dental Floss for Cutting Cakes

Cut a cake expertly by pulling out a strip of floss that is larger than the span of the entire cake and start by running the floss right through the cake, cutting it in half. From there, cut the remaining pieces.



Hammer for Crushing Walnuts

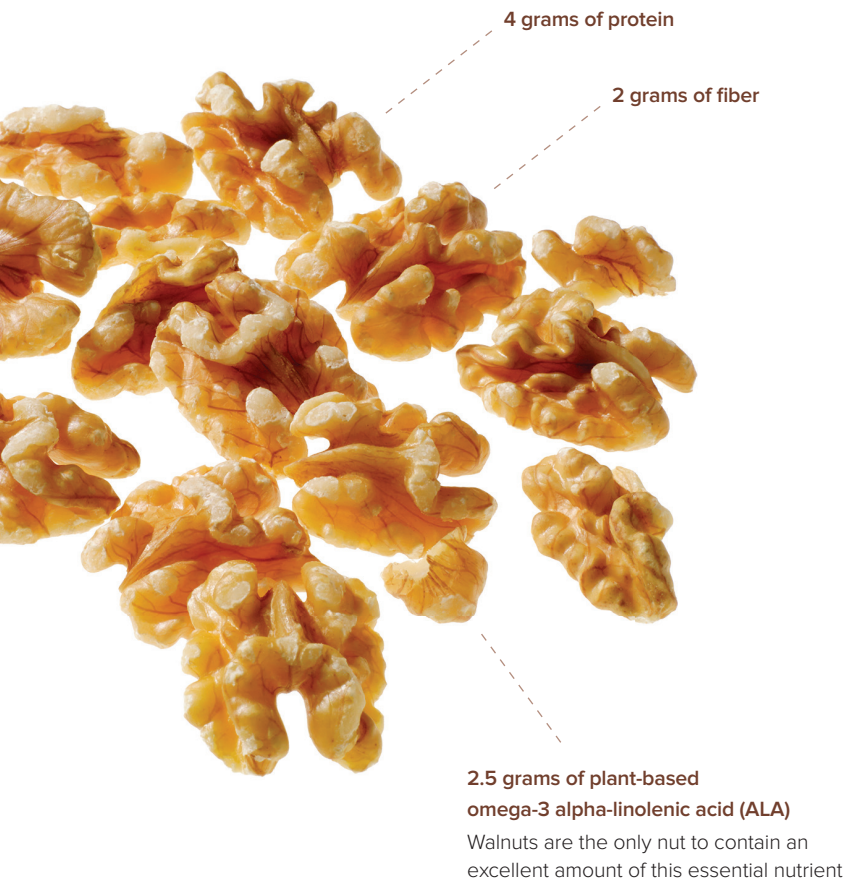
Roasted vegetables complement a variety of meals and adding walnuts to them adds a rich nutty flavor and crunchy texture. No need for a special gadget to crush the walnuts. Just grab the household hammer to crush, pound, or "chop." Crowd the walnuts together on a clean surface or cutting board, and gently pound them.

Interested in more Kitchen Hacks? [Visit walnuts.org](https://www.walnuts.org)

*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 offers 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.

ONE OUNCE OF WALNUTS PROVIDES

Current Dietary Guidelines for Americans encourage healthier eating patterns that include more nutrient-dense foods and beverages in place of less healthy choices.¹ For example, a healthy eating pattern includes a variety of protein foods, including nuts and seeds along with seafood, lean meats and poultry, eggs, legumes, and soy products.



4 grams of protein

2 grams of fiber

**2.5 grams of plant-based
omega-3 alpha-linolenic acid (ALA)**

Walnuts are the only nut to contain an excellent amount of this essential nutrient

¹ U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>

WHERE DO CALIFORNIA WALNUTS COME FROM?

When people pick up a bag of walnuts at the grocery store, they don't always realize the walnuts they are buying are likely 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 365,000 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 4,400 California walnut growers, and most farms are owned and operated by families who have been in the walnut business for several generations.



California Walnut “Chorizo” Frittata

INGREDIENTS

“Chorizo”

- ½ C California walnuts
- ⅓ C Garbanzo beans, canned, rinsed, drained
- 3 Tbsp Red peppers, roasted
- 1 Tbsp Monterey Jack cheese, shredded
- ½ Tbsp Olive oil
- 1 tsp Paprika
- ½ tsp Garlic, fresh, minced
- ¾ tsp Ancho chili powder
- ¼ tsp Oregano, dried
- ¼ tsp Salt, kosher or sea
- ¼ tsp Cumin, ground
- ⅓ tsp Coriander, ground

Frittata

- ½ Tbsp Olive oil
- ¼ Onion, chopped
- ¼ C Yellow bell pepper, diced
- 1 tsp Jalapeño pepper, minced
- 1 C Spinach, fresh, coarsely chopped
- 4 Eggs, well-beaten
- ¼ C Monterey Jack cheese, shredded
- Kosher salt and pepper, to taste
- California walnuts, toasted, chopped
- Green onions, sliced (optional)
- Cilantro leaves (optional)

DIRECTIONS

1. To prepare “Chorizo”, place all ingredients in a food processor and pulse until mixture is finely chopped and sticks together. Cook in oil in a small nonstick skillet for 5 minutes stirring frequently.
2. To prepare Frittata, preheat oven to 375°F.
3. Heat oil in a small skillet over medium heat. Add onion and cook for 5 minutes. Add bell pepper and jalapeño pepper; cook and stir for a few minutes more. Stir in spinach and cook until very lightly wilted; stir in ⅔ of the “Chorizo” mixture.
4. Add eggs to skillet and cook, stirring frequently, for 1 minute or until eggs are partially set. Stir in cheese.
5. Transfer skillet to oven and cook for 10 minutes or until eggs are set. Top with remaining “Chorizo” mixture and sprinkle with walnuts, green onions and cilantro, if desired.



Total Time: **50 min** / Active Time: **20 min** /
Servings: **2**



Total Time: 8 hr 15 min / Active Time: 15 min / Servings: 4

Banana Bread Overnight Oats

INGREDIENTS

- 3 Bananas, ripe, sliced
- 2 C Oats, old-fashioned
- 1 Tbsp Cinnamon, ground
- ½ tsp Salt
- 1 tsp Vanilla
- ¾ C California walnuts, chopped, divided
- 1 Tbsp Maple syrup
- 3 C Skim milk

DIRECTIONS

1. In a large container with a lid, add sliced bananas. Use a potato masher or a fork to mash the bananas until smooth.
2. Add oats, cinnamon, salt, vanilla, half of the chopped walnuts, maple syrup and milk to the bananas. Combine thoroughly and refrigerate overnight.
3. To serve, divide the oats into four serving dishes, such as mason jars or glass containers with lids. Top each serving with remaining chopped walnuts before serving. The overnight oats will last up to 5 days in the fridge, though the oats will soften more the longer they sit.



Total Time: 15 min / Active Time: 5 min / Servings: 8

Carolina BBQ Walnuts

INGREDIENTS

- 2 C California walnuts (1/2 lb.), slightly heaping
- 2 Tbsp Olive oil
- 4 tsp BBQ seasoning
- 2 tsp Brown sugar
- 2 tsp Smoked paprika
- 1½ tsp Onion powder
- 1 tsp Garlic salt
- ¼ tsp Cayenne pepper

DIRECTIONS

1. Preheat the oven to 350°F. Stir together walnuts and oil in a medium bowl.
2. Stir together remaining ingredients in a small bowl then sprinkle over walnuts. Toss well to coat evenly.
3. Spread on a parchment-lined baking sheet and bake for 10 minutes.
4. Let cool completely then store in an airtight container.



Total Time: 13 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. Chickpeas or garbanzo beans, drained and rinsed
- ½ tsp Orange zest
- ¼ C Orange juice
- 1 tsp Salt
- ¼ tsp Black pepper

DIRECTIONS

1. Toast walnuts in 350°F oven for 8 minutes or until golden brown. Cool to room temperature.
2. Combine toasted walnuts with oil and garlic and purée in a food processor or blender until smooth.
3. Add chickpeas, orange zest, orange juice, salt and pepper and continue to blend to an even, smooth consistency. Adjust seasoning if necessary.
4. Serve hummus in a small serving bowl alongside toasted pita bread or with a variety of colorful raw vegetables.



Total Time: 20 min / Active Time: 10 min / Servings: 6

Spinach, Walnut and Strawberry Salad

INGREDIENTS

- 2½ Tbsp Lemon juice
- 2 Tbsp Olive oil, extra virgin
- 2 Tbsp Strawberry preserves
- ¼ tsp Sea salt
- 1½ C Strawberries, sliced
- 5 oz. Baby spinach
- ½ C California walnuts, toasted*, coarsely chopped
- ⅓ C Feta cheese, crumbled

DIRECTIONS

1. Whisk together lemon juice, olive oil, preserves and salt in a large bowl.
2. Add strawberries and toss lightly. Place spinach in a bowl and toss again to coat with dressing.
3. Top with walnuts and cheese and serve immediately.

*To toast walnuts, add the walnuts to a hot, dry pan set over medium heat, only toasting as many walnuts as fit in the pan in a single layer. Cook walnuts, watching constantly and stirring frequently, for 1-2 minutes or until the walnuts start to brown and smell fragrant and toasted. Since the walnuts can burn easily in the pan, stir constantly to ensure even toasting until the walnuts turn a rich, golden brown. Remove walnuts to a plate or bowl to cool.



Total Time: 35 min / Active Time: 15 min / Servings: 5

Teriyaki Pork Zucchini Noodle Bowl

INGREDIENTS

- 2 Tbsp Sesame oil, divided
- 4 Garlic cloves, minced and divided
- 1 lb Pork tenderloin, lean, trimmed of visible fat and cut into ½- to 1-inch thick strips
- 1 Red bell pepper, medium, chopped
- ¼ C Carrots, shredded or matchstick-cut (about 4 oz.)
- 1 C California walnuts, chopped
- 1 lb Zucchini noodles, prepared
- ¼ C Teriyaki sauce, lower sodium, with 1 tablespoon water added
- ¼ C Green onion tops, chopped

DIRECTIONS

1. Heat ½ teaspoons sesame oil in a large skillet over medium-high heat until hot. Add half of the minced garlic cloves and half of the pork; cook and stir 5 minutes, or until browned and 145°F. Set aside. Repeat with ½ teaspoons sesame oil, remaining half of minced garlic cloves and pork; set aside.
2. To the same skillet, over medium-high heat, add remaining 1 Tablespoon sesame oil, bell pepper, carrots and walnuts; cook and stir until vegetables are tender; about 3-5 minutes.
3. Reduce heat to low; add zucchini noodles, pork and combined teriyaki sauce and water to the skillet; use tongs to coat mixture evenly with sauce; cook for 5 minutes until heated through. Garnish with green onions and serve.



Total Time: 45 min / Active Time: 30 min / Servings: 12

Walnut Pear Flatbread

INGREDIENTS

- 1 Ball Pizza dough, fresh
- 1 Tbsp Olive oil
- 8 oz Brie cheese or 6 oz Chevre (soft goat cheese)
- $\frac{3}{4}$ C California walnuts, coarsely chopped, lightly toasted, divided
- 2 oz Ham, thinly sliced, torn into 1-inch pieces
- 1 Pear, firm but ripe, cored and cut into thin bite-size pieces
- 1 Tbsp Balsamic vinegar
- 1 Tbsp Honey
- 2 C Baby arugula
- Fresh rosemary, snipped

DIRECTIONS

1. Preheat oven to 450°F and line 2 large baking sheets with parchment paper. Divide pizza dough into 2 pieces and roll out each very thinly (about 9x13 inches) on a lightly floured board. Place on prepared baking sheets and brush lightly with olive oil.
2. Place thinly sliced Brie, or spread Chevre evenly, over the dough. Sprinkle with half the walnuts. Top with ham and rosemary.
3. Bake for 12 to 15 minutes or until crust is golden brown.
4. Stir together balsamic vinegar and honey in a medium bowl. Add arugula, pear and remaining walnuts and toss lightly to coat. Sprinkle evenly over warm flatbread and cut into small squares.



Total Time: 26 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 bread crumbs
- 2 Tbsp Chia seeds, ground
- 2 Tbsp Apple cider vinegar
- 2 Tbsp Olive oil, divided
- ½ tsp Cumin, ground
- 2 Eggs
- 2 Garlic cloves
- Salt and pepper to taste
- ½ C California walnuts, finely chopped

DIRECTIONS

1. Combine walnuts, beans, quinoa, bread crumbs, chia seeds, vinegar, 1 tablespoon 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 and onion and any desired condiments.



Total Time: 25 min / Active Time: 10 min / Servings: 5

Roasted Vegetables with Walnuts, Basil and Balsamic Vinaigrette

INGREDIENTS

- ½ Red bell pepper, small, cut into 1-inch cubes
- ½ Orange bell pepper, small, cut into 1-inch cubes
- ¼ Red onion, medium, cut into 1-inch cubes, separated
- 4 oz Baby portobella mushrooms, halved
- 1 Tbsp Extra virgin olive oil
- ¼ tsp Sea salt
- ¾ C Sugar snap peas
 - 1 Zucchini, small, sliced ¼-inch thick
 - 1 Summer squash, yellow, small, sliced ¼-inch thick
 - 2 Garlic cloves, minced
- 2 tsp Balsamic vinegar
- 2 Tbsp Basil*, fresh, snipped
- ½ C California walnuts, coarsely chopped

DIRECTIONS

1. Preheat oven to 400°F. Place bell peppers, onion and mushrooms in a large bowl and toss with olive oil and salt. Place in a single layer on a large baking sheet, making sure not to crowd vegetables. Cook for 10 minutes.
2. Add snap peas, zucchini, yellow squash and garlic and stir lightly. Top with walnuts and cook for 5 to 10 minutes more or until all vegetables are al dente and walnuts are toasted.
3. Drizzle with balsamic vinegar and toss well. Sprinkle with basil.

*May substitute 1 tsp dried basil, adding it with the olive oil before roasting vegetables.



Total Time: 20 min / Active Time: 15 min / Servings: 16

Pappardelle with California Walnut Pesto

INGREDIENTS

- 3½ C California walnuts, toasted
- 4 C Italian parsley leaves, packed
- 2 C Parmigiano Reggiano cheese, freshly grated
- 4 Garlic cloves
- 1½ C Extra virgin olive oil
- Salt and pepper to taste
- 4 lbs Pappardelle pasta, fresh
- 1½ C California walnuts, toasted, chopped
- Parmigiano Reggiano cheese as garnish (optional)

DIRECTIONS

1. Place half of the walnuts, parsley, cheese and garlic in food processor; process until finely chopped.
2. With motor running, slowly pour in half of the oil; purée until smooth. Transfer to bowl and repeat with remaining ingredients, making a total of 2 batches. Season with salt and pepper; set aside. (Makes approximately 4 cups.)
3. Cook pasta in boiling salted water until al dente, about 3 to 4 minutes. Drain, reserving some of the cooking water. For each serving, toss 2 cups cooked pasta with ¼ cup walnut pesto adding some of the reserved cooking water as required to thin the pesto; toss well to coat evenly.
4. Transfer to warm pasta bowl; sprinkle each serving with 1 tablespoon chopped walnuts and shaved or grated cheese, as desired. Serve immediately.



Total Time: 55 min / Active Time: 45 min / Servings: 4

Salmon with Asian Walnut Slaw

INGREDIENTS

Marinade

- 3 Tbsp Sweet chili sauce
- 3 Tbsp Teriyaki sauce, thick
- 1½ Tbsp Rice vinegar
- 4 Salmon fillets (4 to 6 oz. each)

Slaw

- 1 C Purple cabbage, shredded or thinly sliced
- 1 C Carrots, coarsely shredded
- 2 Green onions, medium, sliced
- ¾ C California walnuts, coarsely chopped and toasted, divided
- 1 Bunch Cilantro leaves, fresh, torn

DIRECTIONS

Marinade

1. In a shallow dish stir together chili sauce, teriyaki sauce and vinegar. Set aside 2 tablespoons.
2. Place salmon in a dish, skin side up, and let marinate for 30 minutes.

Slaw

1. Toss together cabbage, carrots, green onions and half the walnuts with reserved marinade and refrigerate.

Salmon

1. Over medium to high heat grill salmon for 3 to 5 minutes on each side until cooked to your liking.
2. Transfer to a platter and top with cabbage mixture. Sprinkle with remaining walnuts and cilantro leaves.

Chocolate Chip Walnut Cookie

INGREDIENTS

- 1 C Butter, softened
- $\frac{2}{3}$ C Brown sugar, lightly packed
- $\frac{1}{2}$ C Granulated sugar
- 2 tsp Vanilla extract
- 2 Eggs
- 2 C Flour
- $\frac{3}{4}$ tsp Baking soda
- $\frac{1}{2}$ tsp Salt
- $1\frac{1}{2}$ C Chocolate chips
- 1 C California walnuts, chopped

DIRECTIONS

1. Preheat the oven to 350°F. Stir together butter and sugars in a large bowl until well mixed. Stir in extract and eggs.
2. Stir together flour, baking soda and salt in a medium bowl, then stir into butter mixture. Stir in chocolate chips and walnuts.
3. Using a $1\frac{1}{2}$ -inch scoop, drop level scoops onto parchment-lined baking sheets and flatten slightly with the back of the scoop.
3. Bake for 10 minutes. Let cool completely on baking sheets.

VARIATION

Stir 3 tablespoons unsweetened cocoa powder into cookie dough and substitute white chocolate chips for dark chocolate chips.



HOW TO TOAST WALNUTS

Toasting walnuts is a step that some cooks skip, which is unfortunate because 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

Preheat 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 that high-quality, fresh-tasting walnuts are available throughout the year.



Shelled Walnuts

Available in bags and bulk bins in the produce section or snacking and baking aisles. Sold as halves, halves and pieces, pieces, and chopped, shelled walnuts 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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