

# CRACKING THE BASICS OF **plant-based eating**

SIMPLE IDEAS FOR NUTRITIOUS PLANT-BASED EATING  
WITH CALIFORNIA WALNUTS





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## SIMPLE IDEAS FOR NUTRITIOUS PLANT-BASED EATING WITH CALIFORNIA WALNUTS

Plant-based eating isn't vegan or vegetarian. Unlike the typical American diet, a plant-based diet is higher in unsaturated fats and fiber which support better health. It tends to be more nutrient-dense, containing more vitamins, minerals and phytonutrients that help reduce the risk of chronic disease. Fruits and vegetables, whole grains and a variety of protein-rich foods like beans, nuts and seeds are emphasized. While a plant-based diet means eating less meat, it doesn't mean giving up meat entirely. Low-dairy products, seafood, lean meats, poultry and eggs can be included. The beauty in this style of eating is its nutritional flexibility.

# PLANT-BASED EATING tips & tricks

- ▶ Think plant-based eating is difficult? Think again! With a few tips and tricks, you'll be eating more tasty plant-based meals and snacks in no time. There's no need to rebuild your diet overnight, just start with a single meal or recipe, and begin to incorporate more plant foods.

\*Heart-Check certification does not apply to recipes or information unless expressly stated. 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.





Just a handful (one ounce) of California walnuts offers natural, wholesome, plant-based nutrition that includes 4 grams of protein, 2 grams of fiber, 45 milligrams of magnesium and 2.5 grams of omega-3 ALA. It's the only nut to offer an excellent amount of omega-3 ALA per ounce. California Walnuts are also certified as heart-healthy\* by the American Heart Association®.

Wondering if a plant-based diet will be less satisfying? Not at all if California Walnuts are included. They are a hearty and versatile protein source, whose savory flavor and crunchy texture can greatly enhance a wide variety of satisfying, plant-based recipes.

**walnuts** are the **only** tree nut with an excellent source of **omega-3 ALA** (2.5g/oz)

To learn more about plant-based eating, visit **walnuts.org** and download our Plant-Based Eating Resource Guide.

WHY  
**walnuts**



# did you know?

Store walnuts in an airtight container. If you're planning to use your walnuts right away, the best way to store them is in the refrigerator. If you want to keep them fresh for a month or longer, store them in the freezer.



## HOW TO TOAST WALNUTS

### **Stovetop**

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

### **Oven**

Bake walnuts in a single layer on an ungreased cookie sheet for 8 to 10 minutes at 350°F, until golden brown.



a **dairy-free**  
white sauce that gets its  
**flavor** from onion, garlic & yeast

Walnut Alfredo

Omega Burger

Walnut Crumble

Mushroom Soup

Sichuan Beans

Power Bowl

# California Walnut Cream Alfredo Sauce

TOTAL TIME: **15 Mins**    SERVES: **3**



## Ingredients

- 1 C California walnuts
- 1 C Pasta water,  
(additional if needed  
for thinning sauce)
- ½ C Onion, chopped
- 1 Tbsp Lemon juice
- 2 tsp Nutritional yeast
- ½ tsp Salt
- ¼ tsp Cracked pepper,  
fresh
- 2 Garlic cloves
- Hot cooked pasta

## GARNISH

- California walnuts, toasted,  
chopped
- Fresh basil and lemon zest

## Preparation

Place walnuts, reserved pasta water, onion, lemon juice, nutritional yeast, salt, pepper and garlic in a blender and purée until smooth.

Transfer to a sauté pan and add desired pasta, tossing to coat. (Add more pasta water as needed to thin sauce.)

Plate pasta and garnish with walnuts, basil and lemon.

**Recipe Tip:** This versatile pasta sauce may also be stirred into rice or mashed potatoes.



guilt-free  
omega burgers packed  
with **flavor**



Omega Burger

Walnut Crumble

Mushroom Soup

Sichuan Beans

Power Bowl

# Omega Burger

TOTAL TIME: **26 Mins**    SERVES: **6**



## Ingredients

- 2 C California walnuts, toasted
  - 1 C Garbanzo beans, rinsed and drained
  - ½ C Quinoa, cooked, red or white
  - 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
  - ½ C Walnuts, chopped
- Salt and pepper to taste

## Preparation

Combine walnuts, beans, quinoa, bread crumbs, chia seeds, vinegar, 1 tablespoon oil, cumin, eggs and garlic in food processor. Pulse to finely chop ingredients and season with salt and pepper.

Using wet hands, shape mixture into 6 patties. Lightly press finely chopped walnuts onto both sides.

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 more oil to skillet after turning if necessary.

Serve on toasted whole grain buns or ciabatta rolls with lettuce, tomato and onion and any other desired condiments.

a **vegetarian “chorizo”**  
made with walnuts  
is the base for these **spicy tacos**



Walnut Crumble

Mushroom Soup

Sichuan Beans

Power Bowl

# California Walnut “Chorizo” Crumble

TOTAL TIME: **20 Mins**    SERVES: **8**



## Ingredients

- 2½ C California walnuts
- 1½ C Black beans, rinsed, drained (15 oz can)
- 3 Tbsp Olive oil, divided (or vegetable oil)
- 1 Tbsp White vinegar
- 1 Tbsp Paprika, smoked
- 1 Tbsp Ancho chili powder
- 1 tsp Oregano, dried
- 1 tsp Kosher or sea salt
- 1 tsp Chipotle, ground
- 1 tsp Cumin, ground
- 1 tsp Coriander, ground

## Preparation

To prepare the “chorizo” crumble, place walnuts and beans in a food processor; pulse until coarsely chopped.

Add 2 tablespoons oil and remaining ingredients to food processor and pulse again until mixture is finely chopped and resembles ground meat. Stir several times to move the mixture from the bottom of the food processor bowl to the top to evenly mix.

Heat remaining oil in a very large nonstick skillet over medium heat. Add “chorizo” mixture to skillet and cook for 10 minutes or until mixture is nicely browned and resembles ground meat, stirring frequently. May be prepared several days ahead and stored tightly covered in the refrigerator.

For tacos, just add your favorite toppings.



a soup with a rich,  
creamy consistency  
**without dairy**  
or **gluten**

# California Walnut & Mushroom Soup

TOTAL TIME: **25 Mins**    SERVES: **4**



## Ingredients

- 1 Tbsp Olive oil,  
extra virgin
- 1 lb Mushrooms,  
sliced (fresh crimini,  
shitake and white)
- $\frac{2}{3}$  C Shallots,  
finely chopped
- 14 oz Vegetable broth
- $\frac{1}{2}$  tsp Thyme, fresh,  
chopped or  $\frac{1}{2}$  tsp  
dried thyme
- 1 C California walnuts
- $\frac{1}{2}$  C Water

Freshly cracked black pepper  
Sea salt to taste

## Preparation

Heat oil in a 3 to 4 quart saucepan over medium-high heat. Add mushrooms and shallots. Cook for 5 minutes or until softened, stirring several times.

Add broth and thyme and bring to a boil. Reduce heat, simmer with cover, for 5 minutes.

Place walnuts and water in food processor or blender. Whirl until walnuts are completely blended, smooth and paste-like. Stir into mushroom mixture and season with sea salt and freshly cracked black pepper. Simmer over medium-low heat for 5 minutes or until slightly thickened, stirring frequently.

Serve as is, or purée. Garnish with a sprinkle of roasted California Walnut Gremolata, if desired.

walnuts add toasty  
**flavor** and **texture**  
to this spicy **flavorful** dish



# Sichuan Green Beans with Walnuts

TOTAL TIME: **25 Mins**    SERVES: **6**



## Ingredients

- ½ C California walnuts, coarsely chopped
- 2 Tbsp Vegetable or canola oil
- 1 lb Green beans, fresh, ends trimmed
- 1 Ginger, fresh, peeled, thinly sliced (2 inches long)
- 3 Tbsp Soy sauce
- 2-3 tsp Chili garlic sauce
- 1 Tbsp Rice wine vinegar
  - 2 Garlic cloves, thinly sliced
- ½ tsp Sugar
- 2-3 Greens onions, medium, sliced

## Preparation

Place walnuts in a large skillet and cook over medium heat for a few minutes to lightly toast. Remove and set aside.

Add oil to skillet and heat over medium-high heat. Add green beans and cook for a few minutes or until just starting to soften, tossing frequently. Stir in ginger and cook for 1 minute more.

Add soy sauce, chili garlic sauce, rice vinegar, garlic and sugar; cook for 3 to 5 minutes or until some of the excess liquid has cooked off and green beans are saucy and crisp-tender. Stir in green onions and remove from heat.

**GARNISH:** Peppercorns, Sesame Seeds and Walnuts



a sweet and savory breakfast,  
packed with **superfoods**



# Honey Glazed Walnut Superfood Power Bowl

TOTAL TIME: **1 hr** SERVES: **8** CREATED BY: **Chef Jason Knoll**

## Ingredients

### HONEY GLAZED WALNUTS

- 2 Tbsp Butter
- 2 Tbsp Honey
- ¼ C Sugar
- ¼ tsp Kosher or sea salt
- 2 C California walnuts, rough chopped

### MANGO QUINOA

- 3 C Water
- 2 C Quinoa
- 1¼ C Mango, ripe, ¼-inch diced
- 3 Tbsp Honey
- ¼ tsp Kosher or sea salt

### TOPPINGS

- 2 C California walnut or other plant-based milk
- 2 C Strawberries, sliced
- 1 C Blueberries
- 3 Tbsp Dark chocolate, shaved

## Preparation

To prepare Honey Glazed Walnuts, preheat oven to 350°F and line a large baking sheet with parchment paper. Stir together butter, honey, sugar and salt in a large bowl. Add walnuts and toss well to coat.

Spread on baking sheet and bake for 17 to 20 minutes or until golden brown. Let cool, stirring occasionally, then break into small bite-size pieces.

Meanwhile, bring all the Mango Quinoa ingredients to a boil in a large pot. Cover and cook over low heat for 12 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork and let cool completely. Cover and refrigerate until ready to serve.

For each serving place ¾ cup Mango Quinoa into the bottom of a bowl and put ¼ cup milk around the edges. Sprinkle with ¼ cup strawberries, 2 tablespoons blueberries, ⅓ cup Honey Glazed Walnuts and 1 teaspoon shaved chocolate.



SCAN FOR MORE PLANT-BASED RECIPES  
OR VISIT [WALNUTS.ORG](https://www.walnuts.org)



So Simple. So Good.®