Healthy Ways to Eat
Walnuts

Vary your protein routine

1. Mix chopped walnuts to cooked oatmeal with a spoonful of raisins and a pinch of cinnamon.

2. Make your own trail mix! Mix ½ cup walnuts, ½ cup dried fruit (such as raisins or cranberries), 1 cup crunchy grains (such as granola, whole grain cereal, bran or corn flakes, or pretzels).

3. Add walnuts to green salads or fruit salads!

4. Top steamed or roasted veggies with walnuts for extra crunch.

5. Make your own granola*. Serve on top of plain, nonfat yogurt to make a parfait.

   **Ingredients:**
   - 4 Tablespoons honey
   - ½ teaspoon cinnamon
   - ¼ cup chopped walnuts
   - ½ cup dried fruit (raisins, cranberries, apricots, dates, prunes)
   - 2 Tablespoons oil
   - 2 cups oats (rolled or quick)
   - Non-stick cooking spray
   - ½ cup dried fruit (raisins, cranberries, apricots, dates, prunes)

   **Directions:**
   1. Preheat oven to 350°F. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
   2. Add oats and walnuts. Stir until well-coated with honey mixture.
   4. Bake until lightly browned, about 10-15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven and let cool completely.
   5. Transfer cooled granola to a medium bowl. Stir in dried fruit.

6. Make Banana Nut Muffins. Great for an on-the-go breakfast or afterschool snack!

   **Ingredients:**
   - 1 cup oats (rolled or quick)
   - ¼ cup all-purpose flour
   - ¼ cup whole wheat flour (or more all-purpose)
   - ½ cup sugar
   - 2 teaspoons baking powder
   - ⅛ teaspoon baking soda
   - Pinch of salt
   - ¼ teaspoon cinnamon
   - 1 cup mashed banana (about 2 large or 3 small)
   - ¼ cup low-fat or nonfat milk (or buttermilk)
   - 1 egg
   - ¼ cup oil
   - ½ teaspoon vanilla extract
   - ½ cup walnuts

   **Directions:**
   1. Preheat oven to 400°F. Grease a 12-cup muffin pan.
   2. In a large bowl, whisk together oats, flours, sugar, baking powder, baking soda, salt and cinnamon.
   3. In another bowl, whisk together banana, milk, egg, oil and vanilla.
   4. Mix the wet ingredients into the dry ingredients until just combined. Add walnuts.
   5. Spread evenly into the 12 muffin cups.
   6. Bake for 18-20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

7. Make Chicken Salad with Walnuts. Serve on whole wheat bread or a bed of greens!

   **Ingredients:**
   - 2 (5-oz.) cans of chicken, drained
   - ¼ cup finely chopped onion
   - ¼ teaspoon salt
   - ½ cup chopped celery
   - ½ cup raisins or dried cranberries
   - ¼ teaspoon pepper
   - 4 Tablespoons low fat mayo or yogurt (or a mix)
   - ½ cup chopped walnuts

   **Directions:**
   1. In a bowl, combine chicken, raisins, onion, celery, salt and pepper and walnuts.
   2. Stir in the mayo and/or yogurt. Serve chilled.
8. **Make Coleslaw with Walnuts.** Serve as a side dish or a sandwich topper.

   **Ingredients:**
   - 1/3 cup vinegar (such as apple cider)
   - ¼ cup oil
   - 1 Tablespoon sugar
   - ½ teaspoon salt
   - ¼ teaspoon pepper
   - 1 teaspoon celery seed or caraway seed (optional)
   - 1 head of cabbage, thinly sliced
   - 3 medium carrots, grated or cut into matchsticks
   - 1 cup walnuts, chopped
   - 1 cup chopped apples, dried cranberries or raisins

   **Directions:**
   1. In a large bowl, use a fork to whisk together vinegar, oil, sugar, salt, pepper and celery seed (if using).
   2. Add cabbage, carrots, walnuts and fresh or dried fruit. Toss to mix well.

9. **Make Applesauce Glazed Carrots.** Make this side dish in 10 minutes or less!

   **Ingredients:**
   - 1 (15-oz.) can carrots, drained (reserve liquid)
   - ¼ cup applesauce
   - 2 Tablespoons maple syrup or brown sugar
   - ½ teaspoon cinnamon
   - 1 teaspoon Dijon mustard (optional)
   - ½ cup chopped walnuts

   **Directions:**
   3. In a small saucepan over medium-high heat, stir applesauce, syrup, mustard and cinnamon. Cook, stirring frequently, until mixture bubbles. Stir in walnuts.
   4. Add carrots to sauce and stir to coat. Add 2 Tablespoons reserved carrot liquid (or water) to thin the sauce.

10. **Make Green Salad with Chopped Fruit & Walnuts.** Use ingredients you have on hand!

    **Ingredients:**
    - 4 cups chopped spinach, kale or mixed greens
    - ½ cup dried fruit (raisins, cranberries, or dried plums)
    - 1 cup chopped fruit (apple, canned peaches or pears)
    - ¼ cup finely chopped onion
    - ¼ cup shredded or crumbled cheese (optional)
    - ¼ cup walnuts

    **Directions:**
    1. In a large bowl, whisk together oil, vinegar/lemon juice, salt, pepper, mustard and honey (if using).
    2. If using kale: remove stems and pat dry. Remove stems from kale and pat dry. Chop leaves into bite-size pieces and place in a large bowl. Pour half the dressing over the kale and coat the leaves by “massaging” them with your hands (squeezing it gently by the handful) at least 1 minute. Let stand 10 minutes.
    3. Otherwise, place cut greens in a large bowl. Add dried fruit, chopped fruit, onion, walnuts and cheese (if using).
    4. Pour dressing over salad and toss well to combine. Serve immediately.

11. **Make Roasted Sweet Potatoes with Walnuts.* This recipe works great for squash too!**

    **Ingredients:**
    - 1 Tablespoon oil
    - ¼ teaspoon salt
    - 2 large sweet potatoes, diced in 1” pieces
    - ¼ teaspoon black pepper
    - ½ teaspoon dried sage or cinnamon (optional)
    - 1 Tablespoon butter or canola oil
    - 1 ½ Tablespoons maple syrup or brown sugar
    - ¼ cup dried cranberries or raisins
    - ¼ cup walnuts

    **Directions:**
    1. Preheat oven to 375° F.
    2. In a large bowl, add potatoes. Toss with oil, salt, pepper and sage/cinnamon (if using).
    4. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook, stirring constantly, until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup or brown sugar.
    5. Gently toss cooked potatoes with cranberry mixture and serve warm.

*Recipe from Share Our Strength’s Cooking Matters™