



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 $\frac{1}{2}$ cup walnuts, $\frac{1}{2}$ 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	2 Tablespoons oil
$\frac{1}{2}$ teaspoon cinnamon	2 cups oats (rolled or quick)
$\frac{1}{4}$ cup chopped walnuts	Non-stick cooking spray
$\frac{1}{2}$ 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.
3. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
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)	$\frac{1}{4}$ teaspoon cinnamon
$\frac{3}{4}$ cup all-purpose flour	1 cup mashed banana (about 2 large or 3 small)
$\frac{3}{4}$ cup whole wheat flour (or more all-purpose)	$\frac{3}{4}$ cup low-fat or nonfat milk (or buttermilk)
$\frac{1}{2}$ cup sugar	1 egg
2 teaspoons baking powder	$\frac{1}{4}$ cup oil
$\frac{3}{4}$ teaspoon baking soda	$\frac{1}{2}$ teaspoon vanilla extract
Pinch of salt	$\frac{1}{2}$ 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	$\frac{1}{2}$ cup chopped celery
$\frac{1}{4}$ cup finely chopped onion	$\frac{1}{2}$ cup raisins or dried cranberries
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon pepper
4 Tablespoons low fat mayo or yogurt (or a mix)	$\frac{1}{4}$ 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:

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| 1/3 cup vinegar (such as apple cider) | 1 teaspoon celery seed or caraway seed (optional) |
| 1/4 cup oil | 1 head of cabbage, thinly sliced |
| 1 Tablespoon sugar | 3 medium carrots, grated or cut into matchsticks |
| 1/2 teaspoon salt | 1 cup walnuts, chopped |
| 1/4 teaspoon pepper | 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:

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| 1 (15-oz.) can carrots, drained (reserve liquid) | 1/2 teaspoon cinnamon |
| 1/4 cup applesauce | 1 teaspoon Dijon mustard (optional) |
| 2 Tablespoons maple syrup or brown sugar | 1/2 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. Cook, stirring constantly, until heated through. Serve warm.

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

Ingredients:

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| 4 cups chopped spinach, kale or mixed greens | 3 Tablespoons canola or olive oil |
| 1/2 cup dried fruit (raisins, cranberries, or dried plums) | 1 1/2 Tablespoons lemon juice or vinegar |
| 1 cup chopped fruit (apple, canned peaches or pears) | 1/4 teaspoon salt |
| 1/4 cup finely chopped onion | 1/4 teaspoon pepper |
| 1/4 cup shredded or crumbled cheese (optional) | 1 teaspoon mustard (optional) |
| 1/2 cup walnuts | 1 1/2 teaspoons honey (optional) |

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:

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| 1 Tablespoon oil | 1 Tablespoon butter or canola oil |
| 1/4 teaspoon salt | 1 1/2 tablespoons maple syrup or brown sugar |
| 2 large sweet potatoes, diced in 1” pieces | 1/4 cup dried cranberries or raisins |
| 1/4 teaspoon black pepper | 1/4 cup walnuts |
| 1/2 teaspoon dried sage or cinnamon (optional) | |

Directions:

1. Preheat oven to 375° F.
2. In a large bowl, add potatoes. Toss with oil, salt, pepper and sage/cinnamon (if using).
3. Spread evenly on a baking sheet. Roast, stirring once, until fork tender, 25-35 minutes.
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.

