

12 Great Ways to Use...

Peanuts & Peanut Butter

Peanuts and peanut butter play an important role in the Mediterranean Diet. They are sources of heart-healthy monounsaturated fat and protein and can lower your risk of weight gain, since they help keep you feeling full for hours. When used as a snack, they deliver important nutrition that might otherwise be missing from your diet. And they're delicious and affordable, too. Here are some easy ways to include both foods in your daily meals.

1. Mix peanuts, popcorn, and raisins to make your own trail mix.
2. Add chopped peanuts to pasta, grain dishes, or roasted vegetables as a crunchy, tasty garnish.
3. Blend peanuts, lemon juice, garlic, and chickpeas to create a new spin on hummus.
4. Add finely chopped peanuts to breadcrumbs and use as a coating for baked chicken or fish.
5. Combine peanuts, fresh basil, garlic, Parmesan cheese, and lemon juice for a delicious pesto.
6. Use peanut butter instead of butter or cream cheese to top your favorite whole grain bagel, bread, or English muffin.
7. Spread peanut butter on a celery stalk and top with raisins to make kid-friendly "ants on a log."
8. Add a dollop of peanut butter to your favorite fruit (apples, bananas, pears, etc.) to turn a small snack into a hearty hold-me-over.
9. Layer mini rice cakes with peanut butter and banana slices for a crunchy and satisfying snack.
10. Spread peanut butter on breakfast waffles or pancakes.
11. Blend 1 frozen banana (cut into pieces), peanut butter, milk, and three large ice cubes in a blender for a nutritious smoothie.
12. Combine peanut butter with Dijon mustard, honey, and a bit of wine or water to create a dipping sauce for vegetable or chicken kababs.



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