

12 Great Ways to Use...

Walnuts

Walnuts are nutritious foods that complement a wide range of flavors. They contain a significant amount of alpha-linolenic acid (ALA), the plant-based source of omega-3 fatty acids, and provide protein, too. Plus, they're easy to find everywhere. Get into the habit of adding them to grain dishes, tossing them along with fresh herbs into salads, sprinkling them on pasta, grinding them to make delicious dips and spreads, and pairing them with vanilla, cloves and cinnamon in desserts. Here are some easy ways to use them in the kitchen.

- 1.** Combine a banana, plain Greek yogurt, walnuts, and honey in a blender for a morning smoothie that will keep you feeling energized throughout the day.
- 2.** Add chopped walnuts to your morning oatmeal or whole grain cereal.
- 3.** Make a delicious spread: Toast $\frac{1}{2}$ cup of walnuts in the oven at 350°F for about 10 minutes. Blend with a chopped clove of garlic, a can of drained and rinsed chickpeas, the juice of 1 lemon, and salt and pepper.
- 4.** For a creamy dip, combine thawed frozen edamame, walnuts, parsley, 1 clove garlic, and plain Greek yogurt in the food processor and mix until smooth.
- 5.** Combine canned tuna with an avocado, a chopped apple, and diced celery. Sprinkle with fresh lime juice and lightly toasted walnuts for a citrusy, protein punch!
- 6.** Toss watermelon cubes, blueberries, bell pepper and walnuts with vinaigrette and serve on arugula.
- 7.** Sprinkle olive oil on whole grain pizza dough, top with red onions, sliced bell peppers, a few olives, add a little shredded cheese, top with walnuts and bake at 400°F for about 15 minutes.
- 8.** Add diced mango, red pepper, green onion, mint, and walnuts to cooked quinoa, brown rice, barley, farro, or bulgur.
- 9.** Create your own walnut butter! Toast walnuts, put them in a food processor, and blend until smooth. Add honey or cinnamon if you wish.
- 10.** Combine whole grain pasta with crumbled goat cheese, sundried tomatoes, walnuts, and arugula for a quick, creamy, crunchy meal.
- 11.** Make your own pesto. Combine basil, walnuts, olive oil and garlic in a food processor. Serve with pasta, on sandwiches, or mix with grains.
- 12.** Cut an apple into wedges and toss with lemon juice, cinnamon, vanilla and raisins. Cover and microwave. Sprinkle with walnuts and enjoy!



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