



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Simplify the Holiday Season

As the clock ticks closer to the holidays, spare time becomes more limited. Having some quick recipes available is helpful. You won't be disappointed with these options for a nutritious, quick meal and wholesome snack. As a bonus, this snack makes a giftable treat or something to take to holiday gatherings!

Walnut Crusted Pesto Salmon

Ingredients:

- 4 (6-ounce) boneless salmon fillets
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup California walnuts
- 4 teaspoons vegetable oil
- 1/2 cup store-bought pesto



Directions:

1. Preheat oven to 425° F and line a baking sheet with aluminum foil or parchment.
2. Sprinkle both sides of the salmon fillets with salt and pepper. Set it aside.
3. Pulse walnuts in a food processor until they resemble fine crumbs. Place walnut crumbs in a shallow dish.
4. Press salmon fillets into walnut crumbs to coat on all sides. Place the fillets on the prepared baking sheet and drizzle with vegetable oil.
5. Bake the fillets in the oven for 10 minutes. Turn the broiler on high and broil for 3 minutes until the tops of the fillets are golden brown.
6. Remove the baking sheet from the oven and top each salmon fillet with pesto. Allow them to rest for 3 minutes.
7. Serve salmon over lightly dressed spinach greens and tomatoes or with your favorite side.

Recipe and image courtesy of California Walnuts.

Spiced Walnut Trail Mix

Ingredients:

- 1 tablespoon olive oil
- 1 cup California walnuts
- 1/2 teaspoon curry powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 to 1/2 teaspoon chili flakes
- Salt and pepper (to taste)
- 2 cups popcorn
- 1 cup pretzels
- 1/2 cup granola
- 1/3 cup dried apricots
- 1/4 cup dried cranberries
- 1/4 cup chocolate chips



Directions:

1. Heat oil in a medium skillet over medium-high heat. Add walnuts and stir well.
2. Sprinkle curry, chili powder, cumin and chili flakes over walnuts and stir until walnuts are well coated. Cook over medium heat for 5 minutes or until toasted. Season with salt and pepper and let cool.
3. Place walnuts in a large bowl with all trail mix ingredients and toss well. Store in a tightly covered container. Take on the go in a mason jar or glass container.

Recipe and image courtesy of California Walnuts.