



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

Dietitian's Dish

PISTACHIOS for the win!

Like many other nuts, pistachios are rich in beneficial nutrients. A one-ounce serving (49 kernels) has plenty of protein, fiber, healthy fats, potassium, and Vitamin B6.

Pistachios provide similar nutrients and health benefits, but have fewer calories than other types of nuts.

Let pistachios be your secret ingredient to:

- Fuel your daily activities
- Refuel after exercising
- Snack mindfully to manage weight
- Protect your "gut"
- Improve your sleep (high in Melatonin)
- Help protect your heart
- Manage your blood sugar



*With all these benefits,
why not eat a fist-sized
serving of pistachios each day?
Their versatility helps include
them daily in different ways so
you won't get bored!*

- Grab a handful as a snack
- Top a salad for some crunch
- Mix with dried fruits, grains, etc. for a trail mix
- Add to baked goods
- Crush and use as coating on meat or fish

Pistachio Mushroom Salad

Ingredients:

- 1 cup thinly sliced mushrooms
- 1/2 cup sliced celery
- Dijon Mustard Dressing (recipe follows)
- 4 Tbsps. chopped pistachios, divided
- 3 medium tomatoes
- Bibb lettuce

Directions:

Combine mushrooms, celery and Dijon Mustard Dressing. Marinate at least 1 hour; stir several times. Add 3 Tbsps. pistachios; mix well. Remove top of tomatoes; scoop pulp out of centers. Drain tomatoes upside down on paper towels. Spoon about 1/2 a cup of mushroom mixture into each tomato. Serve on lettuce-lined platter; garnish with 1 Tbsp. pistachios.

Dijon Mustard Dressing: Combine 2 tablespoons oil, 1 tablespoon lemon juice, 3/4 tsp. Dijon mustard, 1/8 tsp. grated lemon peel, dash each salt, pepper and crushed tarragon; mix well.



Recipe source: www.americanpistachios.org