



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

Dietitian's Dish

Walnuts are a Kitchen MVP!

Eating a 1-ounce serving of walnuts daily provides important nutrients to optimize health.

- Plant-based Omega-3 fatty acid (ALA)
- Protein
- Fiber
- Magnesium

A DAILY SERVING OF WALNUTS



Image Source: California Walnuts <https://walnuts.org/nutrition/nutrition-information/>

Sprinkle chopped walnuts atop a salad, cereal or oatmeal. Add them into cookies and desserts. Use chopped walnut mixtures as a meat alternative. Include them in a sandwich or wrap. Or just snack on them by the handful. Their versatility makes walnuts an MVP to keep on hand!

Walnut Meat Tacos

Ingredients:

- 1 Tbsp. oil
- 1/2 cup finely chopped onion or mushrooms
- 1-1/2 cups walnuts, coarsely chopped
- 1 packet low-sodium taco seasoning
- 1/2 cup water
- 8 hard taco shells, heated according to package directions
- 2 cups shredded lettuce
- 1/2 cup shredded Cheddar, Jack or Mexican blend cheese
- 1/2 cup diced tomato
- Sour cream and salsa (optional)



Recipe (edited) and image from California Walnuts (Walnuts.org).

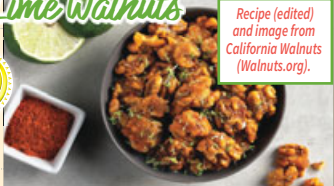
Directions:

1. Heat oil in a large skillet over medium heat. Add onion (or mushroom) and cook for 5 minutes to soften. Add walnuts and cook for 5 minutes more to toast.
2. Add water and taco seasoning packet; cook over low heat for 10 minutes, stirring occasionally.
3. Assemble tacos with some walnut "meat", cheese shredded lettuce, tomatoes, salsa and sour cream (if desired).

Sriracha Honey Lime Walnuts

Ingredients:

- 2 Tbsps. butter, melted
- 1-1/2 Tbsps. Sriracha sauce
- 1 Tbsp. honey
- 2 cups walnuts
- 1/4 cup sugar
- 1 lime (finely grated zest only)



Recipe (edited) and image from California Walnuts (Walnuts.org).

Directions:

1. Preheat oven to 325°F and line a large baking sheet with parchment paper.
2. Stir together honey, sriracha sauce, butter and lime zest in a medium bowl. Add walnuts and stir to coat evenly with mixture.
3. Sprinkle with sugar while stirring and stir well again.
4. Spread in an even layer on prepared baking sheet and bake for 20 minutes or until a deep golden brown, stirring halfway through cooking.
5. Stir once or twice while cooling, then let cool completely. Store in an airtight container until ready to serve.

Recipe Tip: If nuts get sticky when storing, add a tablespoon of sugar to the container. Close tightly and shake to coat.