Walnuts are good sources of protein and omega-3 fat which supports heart health and brain functions! Store in refrigerator, freezer, or cool/dry place.

How to incorporate into meals:

Breakfast: add walnuts into a bowl of cereal, oatmeal, yogurt, muffins or bread recipe.

Lunch: try toasted walnuts in salads, chicken salads, chickpea salads, or broccoli salads.

Snacks: mix walnuts into a fruit cup, trail mix, or brownie & cookie batter!

Dinner: crush walnuts to crust fish, chicken, or pork. Add to soups, pesto's, stuffings, or fried rice.

Celebration: Chiles en nogada - this celebratory dish has walnut sauce, pomegranates seeds, and poblano peppers, symbolizing the Red, White and Green of Mexico's flag.

How to toast:
Preheat oven to 350°F. Line baking sheet with parchment paper (optional), place shelled walnuts onto baking sheet and toast for 7-10 minutes.

Walnut Crusted Proteins

Ingredients:

½ cup walnuts
½ cup cornmeal or breadcrumbs
3 tablespoons dried herb
(parsley/thyme/sage/basil/rosemary)
½ teaspoon garlic powder
1 teaspoon salt
1 teaspoon pepper
½ cup mustard
Use with 4 fish filets, ½ pound shrimp, or 4 chicken breasts/thighs/wings

Directions:

1. Preheat oven to 400°F, prepare baking sheet with nonstick spray or aluminum foil.
2. Prepare walnuts to reach desired size for breading (optional methods - chop walnuts into small pieces, place in plastic bag and crush with rolling pin, or grind them to a fine powder in a food processor).
3. In a large bowl, combine prepared walnuts, cornmeal/breadcrumbs, dried herbs, garlic powder. Mix until fully incorporated.
4. Cover each piece of protein with mustard.
5. Dip into walnut mixture, coating both sides. Shake off excess.
6. Place on prepared baking sheet.
7. Bake until protein is cooked to proper temperature, approximately 8-10 minutes fish/shrimp; 15-25 minutes chicken – depending on size of pieces.
8. Serve hot and enjoy. Serves 4 people.

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