

# CALIFORNIA WALNUTS

**SIMPLE RECIPES AND TIPS**



# WALNUTS THROUGH THE SEASONS

Walnuts are a versatile nut. With a flavor profile that pairs beautifully with a variety of seasonal foods, they can be included in meals any time of the year. Each season offers new opportunities for at-home cooks to learn about flavors that pair well with walnuts. Enjoy them with everything from fresh fruits and vegetables to seafood and cheese in a wide range of recipes for any meal.



**Fresh Fruits**



**Fresh Vegetables**



**Seafood**



**Fresh Cheese**

<b>Spring</b>	Strawberries Oranges Rhubarb Cherries	Fava Beans Asparagus Spinach Broccoli	Sole Halibut Sea Bass	Goat Ricotta Mozzarella
<b>Summer</b>	Blueberries Plums Apricots Peaches	Summer Squash Green Beans Eggplant Zucchini	Trout Salmon Mahi Mahi	Brie Tellegio Camembert
<b>Fall</b>	Pears Pomegranates Figs Apples	Potatoes Swiss Chard Butternut Squash Brussels Sprouts	Trout Shrimp Cod	Cheddar Manchego Fontina
<b>Winter</b>	Citrus Fruits Persimmons Dates Cranberries	Kale Leeks Artichokes Mushrooms	Shrimp Crab Scallops Rockfish	Stilton Gorgonzola



# 7 SIMPLE WAYS TO USE WALNUTS IN THE KITCHEN

## Chopped Walnut Coating

Skip the bread crumbs and use finely chopped walnuts as a coating for fish or poultry for a welcome crunch.

## Walnut Aioli

Adding chopped walnuts to aioli gives the spread great texture and crunch. Use it on wraps and sandwiches, or as a dip with roasted or grilled vegetables.

## Salsa Verde with Walnuts

Toast walnuts to contribute an earthy flavor to bright, zesty sauces such as Italian salsa verde. Enjoy on everything from crispy-roasted salmon to pulled pork.

## Walnut Butter

Walnut butter is easy to make and offers a variety of convenient applications. Spread on crostini and garnish with a slice of fruit or fresh herbs, or use it as a dip for crisp veggies.

## Walnut Pesto

Combine walnuts, basil, olive oil and garlic for a delicious take on pesto as a perfect addition to pizza, pasta and sandwiches.

## Sauce Thickener

Grind walnuts into meal and use it as a creamy and wholesome thickener for sauces.

## Meat Substitute

Pulse walnuts and either mushrooms, cauliflower or beans through a food processor with desired seasoning and use as a replacement in scrambles, tacos or pasta sauces.

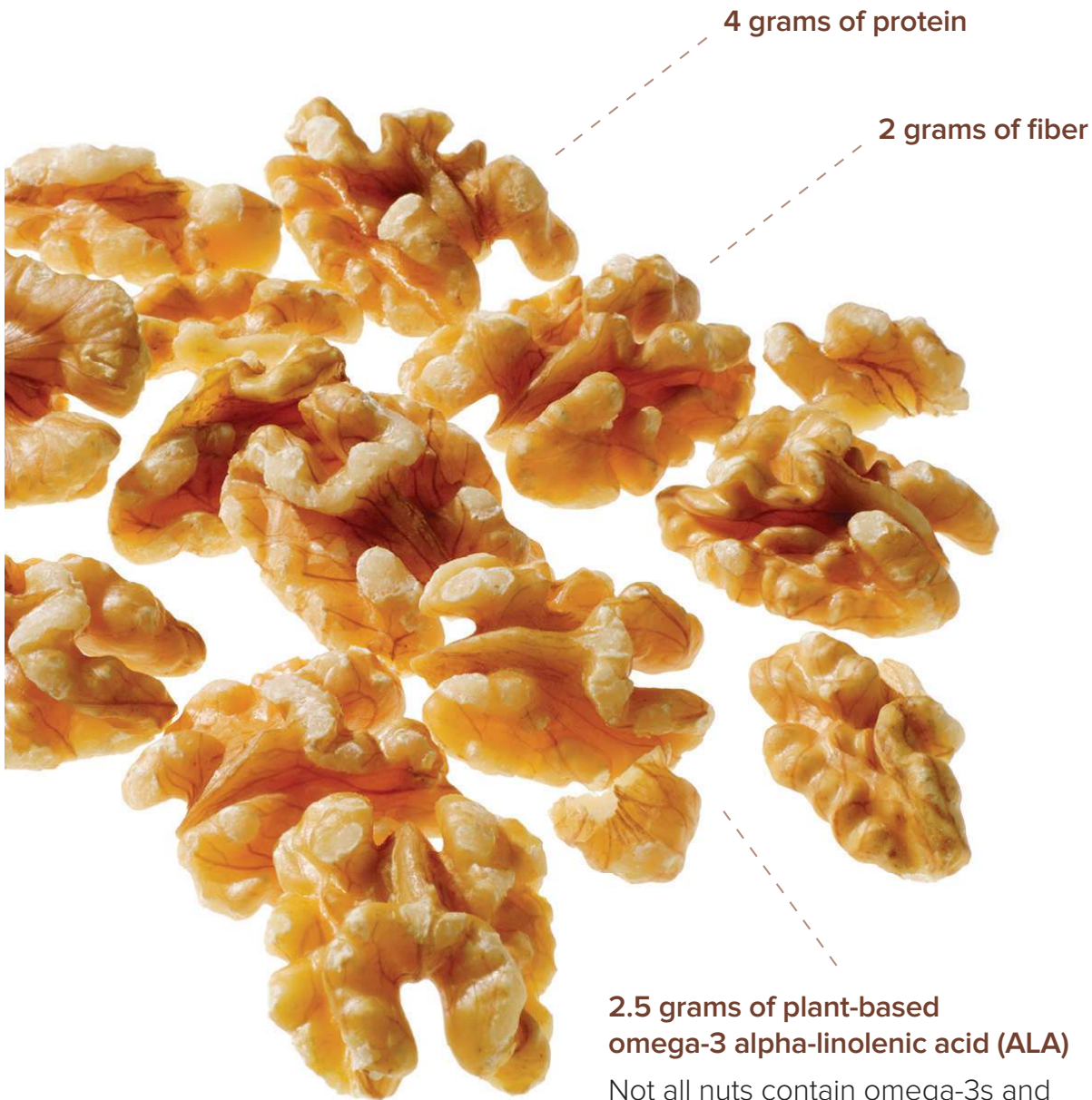


Chefs around the world are finding increasingly innovative ways to use walnuts, which can serve as inspiration for at-home cooks looking for creative ways to use familiar and easy-to-find ingredients.

The flavor and texture of walnuts make them perfect for sauces and spreads, and their crunch is a welcome addition to favorite dishes and new recipes alike. Here are some easy ways home cooks can try using walnuts in their cooking.

# ONE OUNCE OF WALNUTS PROVIDES

The 2015 Dietary Guidelines encourages a shift from current eating patterns to a healthy eating pattern including nutrient-dense foods and beverages in place of less nutritious choices.<sup>1</sup> Among other things, a healthy eating pattern includes a variety of protein foods, including nuts and seeds along with seafood, lean meats and poultry, eggs, legumes, and soy products.



**4 grams of protein**

**2 grams of fiber**

**2.5 grams of plant-based  
omega-3 alpha-linolenic acid (ALA)**

Not all nuts contain omega-3s and walnuts are the only nut to contain a significant amount of this beneficial nutrient

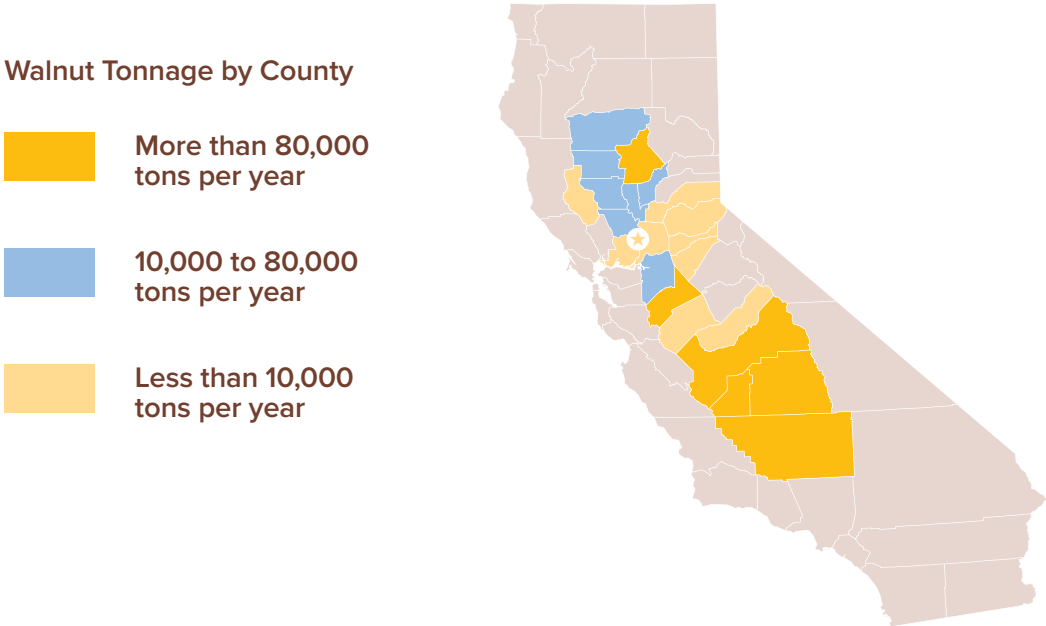
<sup>1</sup> U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>

# WHERE DO CALIFORNIA WALNUTS COME FROM?

When people pick up a bag of walnuts at the grocery store, they don't always realize the walnuts they are buying are likely from a family-owned farm in California. Walnut production takes commitment and patience, and our farmers are passionate about growing and harvesting high-quality walnuts.

- ▶ More than 99% of walnuts grown in the United States come from California's 315,000 bearing acres of walnut orchards.
- ▶ The Central Valley of California is the state's prime walnut growing region, with a mild climate and deep fertile soils that provide ideal growing conditions.
- ▶ There are more than 4,000 California walnut growers, and most farms are owned and operated by families who have been in the walnut business for several generations.

# WHERE ARE WALNUTS GROWN?



# California Walnut Chorizo Frittata

## WALNUT CHORIZO

- ½ C California walnuts
- ⅓ C Garbanzo beans, canned, rinsed, drained
- 3 T Red peppers, roasted
- 1 T Monterey Jack cheese, shredded
- ½ T Olive oil
- 1 tsp Paprika
- ½ tsp Garlic, fresh, minced
- ¾ tsp Ancho chili powder
- ¼ tsp Oregano, dried
- ¼ tsp Salt, kosher or sea
- ¼ tsp Cumin, ground
- ⅓ tsp Coriander, ground

## FRITTATA

- ½ T Olive oil
- ¼ Onion, chopped
- ¼ C Yellow bell pepper, diced
- 1 tsp Jalapeño pepper, minced
- 1 C Spinach, fresh, coarsely chopped
- 4 Eggs, well-beaten
- ¼ C Monterey Jack cheese, shredded
- Kosher salt and pepper, to taste
- California walnuts, toasted, chopped (optional)
- Green onions, sliced (optional)
- Cilantro leaves (optional)



## DIRECTIONS

1. To prepare chorizo, place all ingredients in a food processor and pulse until mixture is finely chopped and sticks together. Cook oil in a small nonstick skillet for 5 minutes stirring frequently.
2. To prepare frittata, preheat oven to 375°F. Heat oil in a small skillet over medium heat. Add onion and cook for 5 minutes. Add bell pepper and jalapeño pepper; cook and stir for a few minutes more. Stir in spinach and cook until slightly wilted; stir in ⅔ of the chorizo mixture.
3. Add eggs to skillet and cook, stirring frequently, for 1 minute or until eggs are partially set. Stir in cheese.
4. Transfer skillet to oven and cook for 10 minutes or until eggs are set. Top with remaining chorizo mixture and sprinkle with walnuts, green onions and cilantro, if desired.

Total Time: 35 min / Cook Time: 30 min  
Active Time: 5 min / Servings: 2



Total Time: **35 min** / Cook Time: **30 min** / Active Time: **5 min** / Servings: **8**

## Rosemary and Sea Salt Walnuts

### INGREDIENTS

- 2 T Butter
- 2 T Fresh rosemary, finely chopped
- 1 tsp Smoked black pepper
- ¾ tsp Sea salt
- 2 C California walnuts

### DIRECTIONS

1. Preheat oven to 300°F. Melt butter in a small saucepan; stir in rosemary, pepper and salt. Add walnuts and stir well with a rubber scraper until mixture evenly coats walnuts.
2. Transfer to a baking sheet and cook for 30 minutes, stirring every 10 minutes. Let cool completely before storing in an airtight container.



Total Time: 15 min / Active Time: 15 min / Servings: 6

## Garden Salad with Walnut Vinaigrette

### DRESSING

- 5 T Extra virgin olive oil
- 2 T Sherry vinegar
- 2 T California walnuts, chopped, toasted
- 2 tsp Honey
- 1 tsp Mustard, spicy brown
- ¼ Sea salt, or to taste
- 1 Shallot, small, sliced

### SALAD

- 8 C Salad greens, lightly packed
- ¾ C California walnuts, coarsely chopped, toasted
- 2 Tomatoes, medium, cut into eighths
- ¼ Red onion, thinly sliced
- Pepper, freshly ground, to taste

### DIRECTIONS

1. To prepare dressing, purée all dressing ingredients in a small blender or food processor until smooth. Cover and refrigerate until ready to serve. (May be prepared several days ahead.)
2. Place greens, walnuts, tomatoes and onion in a large bowl and drizzle with dressing; toss well to coat. Season with pepper and serve immediately.





Total Time: 1 hour, 10 min / Cook Time: 50 min / Active Time: 20 min / Servings: 5

## Beet, Goat Cheese and Walnut Salad

### DRESSING

- 3 T Extra virgin olive oil
- 2 T White wine vinegar
- 2 T Basil leaves, fresh, lightly packed, torn
- ¼ tsp Sea salt
- ¼ tsp Sugar

### SALAD

- 1 ¼ lbs Beets, red and golden, medium-size
- 3 C Baby arugula
- ½ C California walnuts, coarsely chopped, toasted
- 1 oz Goat cheese (chevre), soft, crumbled
- Pepper, freshly ground, to taste

### DIRECTIONS

1. To prepare dressing, purée all dressing ingredients in a small blender or food processor. Cover and refrigerate until ready to serve.
2. Preheat oven to 400°F. Rinse beets and remove tops if still attached. Wrap each in foil, leaving room for air to circulate. Place on a baking sheet and cook for about 50 minutes or until beets are tender when pierced with a sharp knife. Let cool, then slip off skins. Discard ends and slice beets ¼-inch thick.
3. Place arugula in a large shallow bowl and toss with half the dressing. Layer beets over arugula and drizzle with remaining dressing. Top with walnuts and cheese and season with pepper.



Total Time: 45 min / Cook Time: 15 min / Active Time: 30 min / Servings: 12

## Walnut Pear Flatbread

### INGREDIENTS

- 1 Ball fresh pizza dough
- 1 T Olive oil
- 8 oz Brie cheese or 6 oz chevre (soft goat cheese)
- $\frac{3}{4}$  C Coarsely chopped, lightly toasted California walnuts, divided
- 2 oz Thinly sliced ham, torn into 1-inch pieces
- 1 Firm but ripe pear, cored and cut into thin bite-size pieces
- 1 T Balsamic vinegar
- 1 T Honey
- 2 C Baby arugula
- Snipped fresh rosemary

### DIRECTIONS

1. Preheat oven to 450°F and line 2 large baking sheets with parchment paper. Divide pizza dough into 2 pieces and roll out each very thinly (about 9x13 inches) on a lightly floured board. Place on prepared baking sheets and brush lightly with olive oil.
2. Place thinly sliced Brie or spread Chevre evenly over the dough; sprinkle with half the walnuts. Top with ham and rosemary.
3. Bake for 12 to 15 minutes or until crust is golden brown.
4. Stir together balsamic vinegar and honey in a medium bowl. Add arugula, pear and remaining walnuts and toss lightly to coat. Sprinkle evenly over warm flatbread and cut into small squares.



Total Time: 40 min / Cook Time: 20 min / Active Time: 20 min / Servings: 16

## Beef Sliders Stuffed with Walnuts and Gorgonzola

### INGREDIENTS

- 1 T Olive oil
- 4 Sliced bacon, finely chopped
- ½ C Shallots, finely chopped
- 4 Button mushrooms, finely chopped
- 1 T Salt
- 1 T Black pepper, ground
- 1 T Worcestershire sauce
- 1 T Egg, lightly beaten
- 1 lb Ground beef, 10% fat
- 4 oz Gorgonzola (or blue cheese), divided into 16 portions
- 32 California walnut halves
- 16 Dinner rolls, small or (2) 24-inch baguettes, each sliced into 8 equal portions, then sliced horizontally

### DIRECTIONS

1. Heat oil in heavy saucepan over medium heat. Sauté bacon until just cooked but not crisp.
2. Add shallots and cook until translucent. Add mushrooms and continue cooking until water evaporates, about 5 minutes.
3. Transfer mixture to a large mixing bowl and let cool. Add salt, pepper, Worcestershire sauce and egg. Add beef and gently mix by hand until all ingredients are incorporated without over mixing.
4. Divide mixture into 16 equal portions. Form into patties, 1½ inches thick and 2½ inches in diameter. Tuck a piece of cheese and 2 walnut halves into the center of each patty.
4. Grill patties on medium-high heat to preferred doneness. Serve inside sliced small dinner rolls or between baguette slices with desired condiments.

# Roasted Vegetables with Walnuts, Basil and Balsamic Vinaigrette

## INGREDIENTS

- ½ Red bell pepper, small, cut into 1-inch cubes
- ½ Orange bell pepper, small, cut into 1-inch cubes
- ¼ Red onion, medium, cut into 1-inch cubes, separated
- 4 oz Baby portobello mushrooms, halved
- 1 T Extra virgin olive oil
- ¼ tsp Sea salt
- ¾ C Sugar snap peas
- 1 Zucchini, small, sliced ¼-inch thick
- 1 Summer squash, yellow, small, sliced ¼-inch thick
- 2 Cloves garlic, minced
- 2 tsp Balsamic vinegar
- 2 T Basil\*, fresh, snipped
- ½ C California walnuts, coarsely chopped



## DIRECTIONS

1. Preheat oven to 400°F. Place bell peppers, onion and mushrooms in a large bowl and toss with olive oil and salt. Place in a single layer on a large baking sheet, making sure not to crowd vegetables. Cook for 10 minutes.
2. Add snap peas, zucchini, yellow squash and garlic and stir lightly. Top with walnuts and cook for 5 to 10 minutes more or until all vegetables are al dente and walnuts are toasted.
3. Drizzle with balsamic vinegar and toss well. Sprinkle with basil.

\*May substitute 1 tsp dried basil, adding it with the olive oil before roasting vegetables.

Total Time: 25 min / Cook Time: 15 min  
Active Time: 10 min / Servings: 5



Total Time: 27 min / Cook Time: 12 min / Active Time: 15 min / Servings: 4

## Green Beans with Olives, Sun-Dried Tomatoes and Walnuts

### INGREDIENTS

- ½ C California walnuts, coarsely chopped
- 1 T Extra virgin olive oil, or oil from sun dried tomatoes
- ¾ lb Green beans, fresh, ends trimmed
- ¼ C Mixed olives, pitted, coarsely chopped
- 2 T Sun dried tomatoes, chopped
- 1½ T Lemon juice
- ½ tsp Sea salt, smoked or plain

### DIRECTIONS

1. Place walnuts in a large skillet set over medium heat. Cook for 5 minutes or until toasted and fragrant, stirring frequently. Remove from skillet and set aside.
2. Heat oil in same skillet over medium-high heat. Add green beans and cook for 5 minutes or until al dente, stirring frequently.
3. Add olives, tomatoes, lemon juice and salt; cook for a minute or two more until all ingredients are hot.
4. Sprinkle with walnuts and serve.



Total Time: 20 min / Cook Time: 5 min / Active Time: 15 min / Servings: 16

## Pappardelle with California Walnut Pesto

### INGREDIENTS

- 3 ½ C California walnuts, toasted
- 4 C Italian parsley leaves, packed
- 2 C Parmigiano Reggiano cheese, freshly grated
- 4 Garlic cloves
- 1 ½ C Extra virgin olive oil
- Salt and pepper to taste
- 4 lbs Pappardelle pasta, fresh
- 1 ½ C California walnuts, toasted, chopped
- Parmigiano Reggiano cheese as garnish (optional)

### DIRECTIONS

1. Place half of the walnuts, parsley, cheese and garlic in food processor; process until finely chopped.
2. With motor running, slowly pour in half of the oil; purée until smooth. Transfer to bowl and repeat with remaining ingredients, making a total of 2 batches. Season with salt and pepper; set aside. (Makes approximately 4 cups)
3. Cook pasta in boiling salted water until al dente, about 3 to 4 minutes. Drain, reserving some of the cooking water. For each serving, toss 2 cups cooked pasta with ¼ cup Walnut Pesto adding some of the reserved cooking water as required to thin the pesto; toss well to coat evenly.
4. Transfer to warm pasta bowl; sprinkle each serving with 1 tablespoon chopped walnuts and shaved or grated cheese, as desired. Serve immediately.



Total Time: **35 min** / Cook Time: **20 min** / Active Time: **15 min** / Servings: **6**

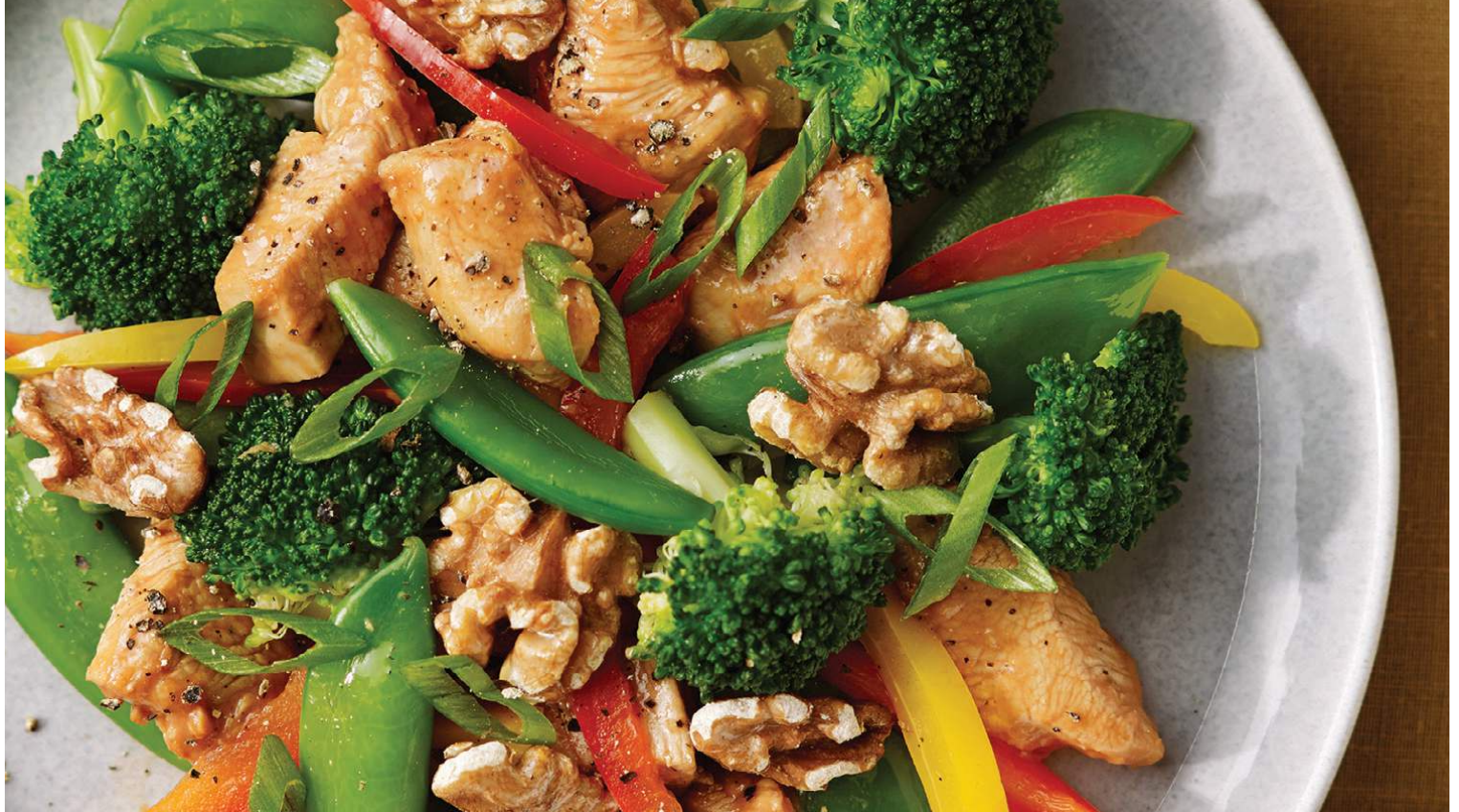
## Crunchy Walnut-Crusted Salmon Fillets

### INGREDIENTS

- 1½ C California walnuts
- 3 T Dry breadcrumbs
- 3 T Lemon rind, finely grated
- 1½ T Extra-virgin olive oil
- 3 T Fresh dill, chopped
- Salt and pepper to taste
- 6 Salmon fillets, skin on (3 oz. each)
- Dijon mustard
- 2 T Fresh lemon juice

### DIRECTIONS

1. Place walnuts in food processor; coarsely chop. Add breadcrumbs, lemon rind, olive oil and dill; pulse until crumbly. Mixture should stick together. Season with salt and pepper; set aside.
2. Arrange salmon fillets skin side down on parchment paper lined baking sheets. Brush tops with mustard.
3. Spoon ⅓ cup of walnut crumb mixture over each fillet; gently press the crumb mixture into the surface of the fish. Cover with plastic wrap and refrigerate for up to 2 hours.
4. Bake at 350°F 15 to 20 minutes, or until salmon flakes with a fork. Just before serving, sprinkle each fillet with 1 teaspoon lemon juice.



Total Time: 45 min / Cook Time: 15 min / Active Time: 30 min / Servings: 4

## Chinese Chicken Walnut Stir-Fry

### INGREDIENTS

- ¾ lb Chicken breast, boneless, skinless
- ¼ C Tomato sauce
- 2 T Soy sauce, reduced sodium
- 2 tsp Cornstarch
- 1 tsp Toasted sesame oil
- 1 T Ginger root, freshly grated, peeled (optional)
- Nonstick cooking spray
- ¾ C California walnuts, chopped
- 1 lb Stir-fry vegetables, mixed, thawed
- Salt and pepper to taste, if desired
- ¼ C Green onions, thinly sliced
- 4 C Rice, cooked

### DIRECTIONS

1. Cut the chicken into ½-inch cubes. Place in a large bowl and add the tomato sauce, soy sauce, cornstarch, sesame oil, and ginger root, if desired. Stir and toss until completely mixed. Set aside.
2. Coat a wok or large skillet, preferably nonstick, with nonstick cooking spray and place over moderate heat. When hot, add the chicken mixture and stir constantly for 2 minutes. Add the walnuts and vegetables and stir constantly for 2 minutes more, or until the chicken is cooked through. Season with salt and pepper to taste, if desired.
3. Transfer to a bowl or platter and sprinkle with green onions.
4. Serve over rice.





Total Time: 25 min / Cook Time: 10 min / Active Time: 15 min / Servings: 36

## Oatmeal Walnut Sensations

### INGREDIENTS

- 1 Pkg Oatmeal cookie mix
- 2 C California walnuts, finely chopped
- ¼ C Flour, all-purpose
- ½ C Butter, softened
- 6 sq Caramel chocolate bar
- 36 California walnut halves

### DIRECTIONS

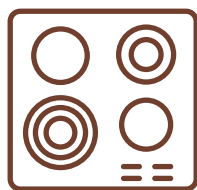
1. In a bowl, whisk together oatmeal cookie mix, chopped walnuts and flour. Stir in butter to form stiff dough.
2. Shape a heaping tablespoon of dough around a chocolate caramel square and arrange on a parchment-lined baking sheet 2-inches apart. Press a walnut half onto each cookie.
3. Bake in the center of a 350°F oven until lightly golden, about 8 to 10 minutes.
4. Let cool 1 minute before transferring to rack to cool completely. Store in an airtight container for up to 3 to 5 days. Freeze up to one month.

# HOW TO TOAST WALNUTS

Toasting walnuts is a step that some cooks skip, which is unfortunate because this simple effort can transform a dish from good to really amazing. It deepens the flavor of walnuts, making them even more nutty and complex. It also gives them a crisper texture, which is one of the reasons they make great additions to so many recipes.

**There are two basic ways to toast walnuts: in the oven or on the stovetop.**

## STOVETOP TOASTING



**Good for small batches of walnuts.**

### DIRECTIONS

Do not chop or mince the walnut halves before toasting.

Heat walnuts in a dry, heavy skillet over medium heat for 1 to 2 minutes or until they are golden brown and smell toasted.

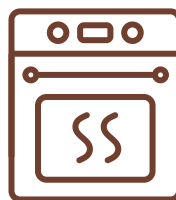
Since the nuts will burn easily in a skillet, you must stir constantly to ensure even toasting until the nuts turn a rich, golden brown.

Remove walnuts to a plate or bowl to cool.

If desired, sprinkle with salt when cool.



## OVEN TOASTING



**Great for large and small batches of walnuts.**

### DIRECTIONS

Preheat oven to 350°F.

Do not chop or mince the walnut halves before toasting.

Place nuts in a single layer in an ungreased, shallow pan or rimmed cookie sheet in order to prevent spillage.

Bake 8 to 10 minutes or until the nuts are golden brown.

Stir or shake the pan during toasting in order to aid in their browning evenly. Be careful not to burn the walnuts.

Remove the pan to cool.

Toasted, deep golden-colored walnuts will continue to brown slightly after they're removed from the oven. If desired, sprinkle with salt when cool.

# TIPS FOR BUYING WALNUTS

After California walnuts are harvested, they are held in cold storage to ensure that high-quality, fresh-tasting walnuts are available throughout the year.



## Shelled Walnuts

Available in bags and in bulk bins in the produce section or snacking and baking aisles. Sold as halves, halves and pieces, pieces, and chopped, shelled walnuts are available in supermarkets and club stores year-round.



## In-Shell Walnuts

Available in bags and in bulk bins, typically in the produce section. Stock up in the fall and early winter months when in-shell walnuts are most readily available.

# HOW TO STORE WALNUTS

Storing walnuts correctly can preserve their taste and flavor, but some people might not realize the pantry isn't the best place to keep them. At-home cooks can get the most out of their walnuts by following a few simple tips.

## Cold Storage = Fresh Taste

The best place to store walnuts is in the refrigerator if you're planning to use them right away. If you are storing them for a month or longer, put them in the freezer. Walnuts can absorb flavors of other foods so keep them away from foods with strong odors.

## Prep as Needed

Only shell, chop or grind walnuts as needed right before using them. This will help maintain great flavor.

## Keep Air Out

If you buy walnuts in sealed packaging, you can store them in their original packaging. Once you open the sealed bag or if you buy bulk walnuts, transfer them to an airtight container to maintain freshness.

## Know When They've Gone Bad

Walnuts can go rancid when exposed to warm temperatures for long periods of time. If your walnuts have a sour odor, it's time to throw them away!



California Walnut Board  
101 Parkshore Drive, Suite 250  
Folsom, CA 95630  
(916) 932-7070  
[info@walnuts.org](mailto:info@walnuts.org)

(SEPTEMBER 2017)

