

# Nuts and More Nuts ...

## Orange Couscous Salad w/ Garbanzos

1 c whole wheat couscous	2 T olive oil, extra virgin
1 16 oz can garbanzo beans	2 T orange juice concentrate, thawed
3 scallions, chopped finely	2 T balsamic vinegar
½ c pitted, dried plums, chopped	1 ½ t Dijon mustard
2 lge seedless oranges	¼ t salt, optional
½ c Almond Accents, slivered	¼ t black pepper

Prepare couscous as directed, without oil or margarine. Whisk together oil, vinegar, juice concentrate, mustard, salt and pepper, adding 2 T water while whisking. Stir in couscous, beans, onions, dried plums, mixing well. Peel oranges, cut into slices removing pulp, cut into pieces and add to salad. Before service add salad greens, sprinkle w/ almonds, and add dressing. Toss and serve.

## Orzo Nut & Apricot Toss

½ lb orzo, cooked	1/3 c olive oil, extra virgin
1 pkg Almond Accents, slivered	1/3 c lemon juice, freshly squeezed
½ c each dried apricots, chopped, currants or cranberries, ½ c snow pea pods halved and chopped, dried apricots	½ t pepper
¼ c chopped fresh parsley	½ t salt
	1 t fresh garlic, minced
	¼ c diced red onion

In small bowl whisk together oil, juice, pepper, salt and garlic. In large bowl mix orzo, almonds, remaining ingredients. Top w/ dressing, toss well. Serve on salad greens, topped w/ a few almond slivers and a dried apricot.

## Nutty Snack Cracker

Non fat Ricotta cheese, 8 oz	Graham Cracker sections
¼ c Strawberries, sliced thin	Cinnamon Powder
¼ c Walnuts halved	Splenda 1 pkt
¼ c Raisins	

Mix Ricotta w/ Splenda, cinnamon to taste, and raisins, refrigerate until used. When chilled, spread mixture evenly on graham cracker. Top w/ walnut half and strawberry slice. Serve promptly.

## Peanut & Chocolate Shake

½ c Non fat Ricotta cheese	1 c water
½ ripe banana, sliced	½ c unsweetened apple juice
2 T creamy peanut butter	1 scoop chocolate protein powder
1 t vanilla extract	Ice

Measure all ingredients into blender, adding enough ice to create a smoothie texture. If too thick add more water. Serve in tall glasses w/ a handful of peanuts. Alternatively skim milk can be used for the 1 ½ c of water/juice.

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## **Nuts, and More Nuts ...**

- **Tasty recipes inside**
- **Low fat, high protein**
- **Essential amino acids**
- **Heart healthy**

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## Pecan Apple Salad

8 medium apples, diced  
1 c pecans, halved, chopped  
½ c dried cranberries  
1 lemon in wedges  
½ c Red Wine Vinegar  
1 c Low fat mayonnaise  
2 pkts Splenda sweetener

Peel, core, then dice apples. Best choices are Rome or Gala varieties. Place in large bowl, sprinkle w/ fresh lemon juice from wedges. Add pecans and cranberries, mixing well. Refrigerate, well covered until ready to serve. Whisk together dressing ingredients: vinegar, mayo, sweetener. Dressing can be stored for one day, well covered, in refrigerator. To serve, toss apple mixture well w/ dressing, add salad greens of choice (baby spinach works well) and toss again, serving promptly

## Cashew Chicken Salad w/ Ginger

4 boneless chicken breasts  
Bok Choy cut into pieces, 1 c  
¼ c thinly sliced radish  
½ c red onion, thinly sliced  
½ c broccoli florets in pieces  
½ c snow pea pods halved  
½ c julienned raw carrots  
2 c salad greens  
6 T chopped cashews  
2 t chopped fresh cilantro  
2 T low sodium soy sauce  
2 T water  
1 ½ T rice vinegar  
3 T fresh lime juice  
1 T fresh minced ginger  
½ t minced fresh garlic  
1 T peanut butter  
2 ½ t sugar  
2 T minced shallots  
1 T scallions, sliced thin

Place washed chicken in covered ovenware and cook at 375 until juices run clear. Remove and let cool. Combine soy sauce, water, vinegar, lime juice, ginger, garlic, salt, peanut butter, sugar, shallots, scallions, and cilantro in med bowl and whisk until smooth. Refrigerate in covered container. Prepare vegetables and place in large bowl, mix thoroughly. Add greens and toss. Add cashews to chilled dressing and shake or whisk to blend, then toss w/ salad. Slice chicken in thin pieces. Serve dressed salad w/ a few slices of chicken and 1-2 cashews.

## Curried Walnut and Tuna Salad

½ c chopped walnuts  
3 ½ c pineapple chunks drained  
3 (7 oz) cans white meat tuna, drained  
5 heads Boston Lettuce torn into pieces  
1 pint Tofu  
½ c water  
2 t sugar or fructose  
1 ½ t curry powder  
¼ t fresh ginger, minced  
4 t fresh lemon juice

Toast walnut pieces and set aside.

Combine dressing ingredients in blender, blend until smooth. Keep in sealed jar in refrigerator until ready to use. Combine all salad ingredients with dressing in large bowl, mix thoroughly. To serve, divide onto serving plates, sprinkle each with 4 t toasted walnuts.

Remember for snacks to enjoy a serving size of nuts, usually what fits into the palm of your hand, or ¼ cup measured. Nuts vary in size so counting isn't always helpful.

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### **Carrot and Raisin Salad w/ Pinoli nut**

½ c diced pineapple in juice  
2 c scraped, grated carrots  
¼ c raisins  
¼ c pinoli nuts  
Lettuce leaves for 8 plates

1 T plain nonfat yogurt  
1 T low fat mayonnaise  
2 T pineapple juice  
Mint sprigs, garnish

Drain pineapple reserving juice needed. Set aside. In medium bowl, combine yogurt, mayonnaise and juice, mixing well. Add carrots, pineapple and raisin, mixing well again. Chill thoroughly in covered container. To serve top salad greens lining plate with 1/3 c carrot mixture. Garnish with mint sprigs.

### **Date Nut Bars**

2 c chopped, pitted dates  
1 c chopped walnuts  
1 c whole wheat flour

¼ c corn oil  
1 T vanilla extract  
¼ t salt  
2 eggs lightly beaten  
16 oz crushed pineapple, drained

Preheat oven to 350. Spray 9x13 pan

Combine dates, walnuts and flour in large bowl, set aside. Combine all other ingredients in another bowl, mix well. Add wet ingredients to dry ingredients and combine well. Spoon dough into prepared pan and bake in preheated oven for 30-35 minutes. Cook slightly before cutting into 35 bars. Remove from pan when completely cooled.

### **Elephant Garlic Soup**

**(not exactly a nut but goes well with the salads)**

2 clover elephant garlic, peeled  
¼ c peeled, chopped parsnips  
1 ½ T olive oil  
3 c chicken stock  
½ t black pepper

1 c chopped button mushrooms  
½ c chopped leeks (white only)  
1/3 c white wine  
1 ½ T heavy cream  
2 T thinly sliced scallions

Preheat over to 350. Place elephant garlic on baking pan, cover w/ aluminum foil and roast for 15 min or until soft. In large saucepan sauté mushrooms, parsnips and leeks in olive oil over med heat until translucent. Add wine and cook until almost dry. Add chicken stock, bring to boil. Reduce heat and simmer until vegetables are tender, 15-20 min. Add garlic. Transfer to blender and puree. Stir in heavy cream, pepper, and scallions. Serve immediately.

### **Vegetarian Chili (another non-nut, hearty dish)**

1 ½ c finely chopped onion  
1 ½ t minced fresh garlic  
¼ c chopped canned green chiles, undrained  
1 c diced tomatoes

1 t dried leaf oregano  
1 t cumin  
1 ¼ t chili powder  
3 c red kidney beans  
1 ½ c low salt tomato juice

Combine onion and garlic in large skillet cooking covered until soft, stirring frequently. Add all other ingredients and mix thoroughly. Cook over medium heat until bubbling hot. Optional: serve w/ 2 T grated cheese over each serving.

