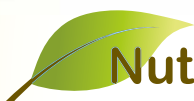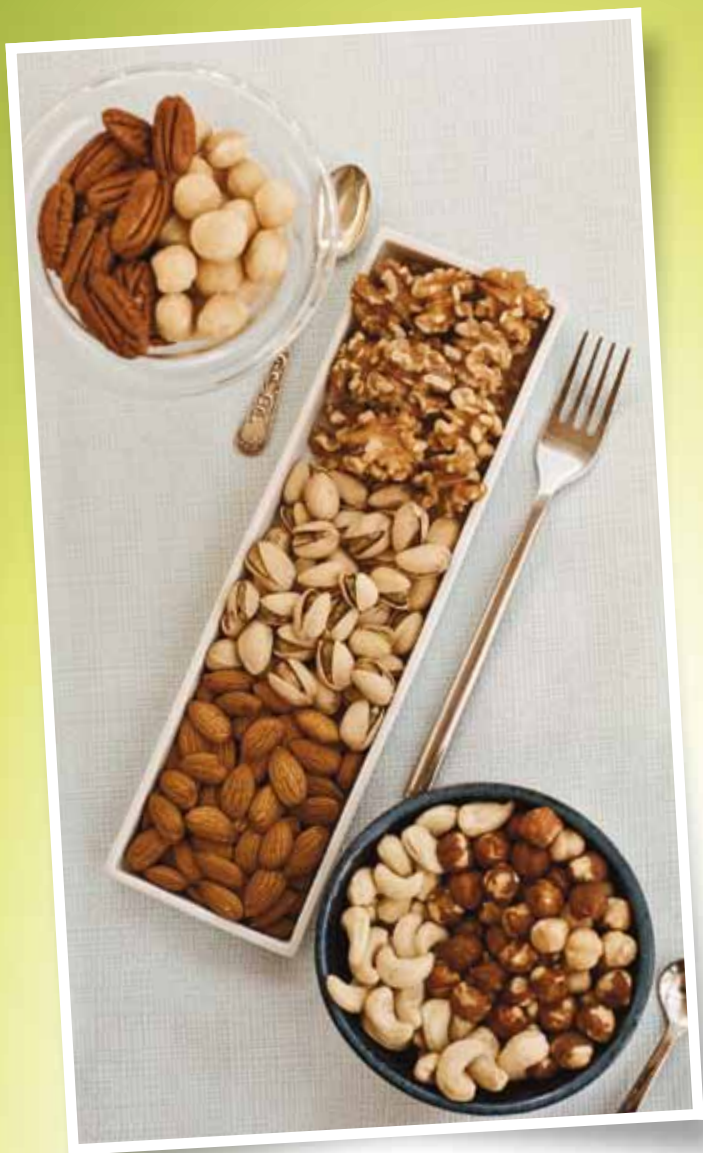# ANY NUT

NutHealth.org

ANYTIME

Tree nuts are an easy way to add flavor and nutrition to any meal or snack. They are packed with important vitamins, minerals and phytochemicals, or plant compounds that may help reduce the risk for chronic disease. And, they taste great!

While all nuts are rich in unsaturated fats and contain protein and fiber, they each have their own special attributes as well:

- Almonds and hazelnuts are rich in vitamin E, an antioxidant that may help reduce the risk of certain chronic diseases;

- One Brazil nut gives you all of the selenium you need per day—a mineral that may help lower the risk for certain cancers;

- Walnuts contain important omega-3 fatty acids which have been shown to help lower the risk of cardiovascular disease;

- Pistachios and pecans are high in beta-sitosterol, which may help lower cholesterol levels;

- Macadamias are the highest in monounsaturated fat– a heart-healthy fat;

- Cashews are low in total fat.

In 2003, tree nuts received a qualified health claim from the U.S. Food and Drug Administration (FDA) which states: "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."

Now, researchers are looking at the potential benefits of nuts on diabetes, satiety and maintenance of healthy body weight, and cancer prevention. So go ahead, choose your favorite tree nuts and eat a handful every day!

Go Nuts All Day:

Creamy pasta sauces don't need to be full of cream or butter. Try pureeing nuts with breadcrumbs, a little milk, fresh herbs and a little Parmesan.

Thicken soups and casseroles with nuts. For soups, just sauté the nuts with onion or other vegetables at the start, add stock or water, cook, then puree. Thick and delicious!

Make your own dressings, sauces and mayonnaise using nuts and nut oils as the base. Blend together raw nuts with oil, vinegar or lemon, herbs and seasonings such as capers. Thicken to spread on sandwiches or to spoon over fish, chicken and grilled vegetables, or thin to toss with salad greens.

Potato Soup with Pistachio Pesto

PESTO
1 cup chopped fresh parsley
1 cup chopped fresh basil
1/3 cup roasted pistachios
1 tablespoon lemon juice
2 tablespoons olive oil

SOUP
1 tablespoon olive oil
1 leek, cleaned and white part sliced
6 medium potatoes, peeled and diced
2 cups non-fat chicken stock
1 teaspoon oregano leaves
1/2 cup buttermilk or skim milk
Salt and freshly ground pepper to taste

Place all of the pesto ingredients in a blender and process to a coarse paste.

To make soup, heat oil in a large saucepan and add leek. Cook on medium heat until leek just starts to soften. Add potatoes, stock and oregano and bring to a boil. Cover and cook until potatoes are tender. Puree soup adding milk and seasoning to taste. Return to saucepan to reheat. Spoon soup into bowls, top with the pesto, and if desired, some chopped pistachios.

Makes 6 servings

Per serving: 270 calories, 11g fat, 7g monounsaturated fat, 2g polyunsaturated fat, 2g saturated fat, 40g carbohydrate, 6g protein, 3g fiber, 6% DV of vitamin A, 40% DV of vitamin C, 4% DV of calcium and 6% DV of iron.

Cashew and Noodle Sang Choy Bow

4 ounces cellophane noodles
½ red pepper, finely sliced
¼ bunch cilantro, leaves torn
1 cup bean sprouts
2 green onions, sliced
6 ounces cooked shrimp or small prawns
6 large butter, radicchio or iceburg lettuce leaves
½ cup raw or toasted cashews

DRESSING
juice of ½ lime
½ teaspoon fish sauce
2 tablespoons rice wine vinegar

Cook noodles according to package directions, refresh with cold water and strain well. In a large bowl, combine the noodles, pepper, cilantro, sprouts, green onion and prawns. Whisk together the dressing ingredients and toss through the salad. Place mounds in lettuce cups and scatter with the cashews. Serve immediately, wrapping the lettuce leaf around the salad to eat like a wrap.

Makes 6 (1 cup) servings

Per serving: 180 calories, 6g fat, 3g monounsaturated fat, 1g polyunsaturated fat, 1g saturated fat, 23g carbohydrate, 10g protein, 1g fiber, 20% DV of vitamin A, 30% DV of vitamin C, 4% DV of calcium and 10% DV of iron.

Asparagus with Hazelnuts and Goat Cheese

1/3 cup hazelnuts, lightly toasted
1 teaspoon fresh thyme leaves
1½ pounds fresh asparagus
4 teaspoons hazelnut or olive oil
juice and grated zest of ½ lemon
kosher salt and white pepper to taste
¼ cup soft goat cheese

Roughly chop nuts. Blanch asparagus in a pan of lightly salted boiling water for 1-2 minutes, or until tender-crisp. Transfer to a bowl of ice water until cold, then dry on paper towels.

Whisk oil and lemon juice together and season to taste. Place the asparagus in a bowl and toss with the dressing to coat. Reserve a little of the lemon zest and thyme for garnish and then mix the rest into the cheese.

To serve, arrange asparagus on plates or a platter and crumble over the goat cheese, extra thyme and lemon zest. Scatter with hazelnuts.

Per serving: 180 calories, 13g fat, 9g monounsaturated fat, 1g polyunsaturated fat, 3g saturated fat, 9g carbohydrate, 8g protein, 4g fiber, 30% DV of vitamin A, 20% DV of vitamin C, 8% DV of calcium and 25% DV of iron.

Spaghetti with Walnut Sauce

½ cup walnuts
¼ cup fresh bread crumbs
4-5 fresh basil leaves, sliced
grated zest of ½ lemon
¼ cup fresh, part-skim ricotta cheese
1 pound spaghetti
1 tablespoon walnut oil, optional
¼ cup white wine
juice of 1 lemon
1 cup arugula

Combine walnuts and bread crumbs and place on baking tray. Bake in 350°F oven or under a broiler until nuts are toasted. Set aside 6-8 walnuts for garnish and transfer the remaining mixture to a food processor or bowl. Add basil, lemon and cheese and grind or mash with a fork to a make a coarse crumble mixture.

Cook pasta according to directions on packet, drain, and return to pan with a few tablespoons of the cooking water, the oil, if using, and wine. Add arugula and cook until it has just wilted. Remove from heat and fold in the walnut sauce. Serve in large bowls and scatter with reserved walnuts.

Makes 6 servings

Per serving: 380 calories, 10g fat, 2g monounsaturated fat, 6g polyunsaturated fat, 2g saturated fat, 60g carbohydrate, 13g protein, 3g fiber, 2% DV of vitamin A, 8% DV of vitamin C, 6% DV of calcium and 15% DV of iron.

Spring Vegetable and Almond Pizza

1/3 cup almonds, roughly chopped
3 tablespoons olive oil
juice of 1 lemon
1/3 cup loosely packed fresh mint leaves
1 large uncooked pizza dough
1 large tomato, finely sliced
1 green zucchini, finely sliced lengthwise
1 yellow squash, finely sliced lengthwise
2 tablespoons crumbled goat or feta cheese
4-6 basil leaves, finely sliced

Preheat oven to 425ºF. Place 2 tablespoons of the chopped almonds in a blender or coffee grinder, add the oil, lemon juice and mint and process until smooth.

Precook dough for 10-12 minutes or until golden. Arrange sliced tomatoes and vegetables over dough and sprinkle with cheese, almonds and basil. Return to oven for 5 minutes. Serve drizzled with the almond-mint dressing.

Makes 1 large pizza, 8 slices

Per serving: 250 calories, 11g fat, 6g monounsaturated fat, 1.5g polyunsaturated fat, 1.5g saturated fat, 30g carbohydrate, 8g protein, 3g fiber, 6% DV of vitamin A, 25% DV of vitamin C, 4% DV of calcium and 15% DV of iron.

Pecan and Apricot Torte

1 cup pecans, roughly chopped
3/4 cup dried apricots, roughly chopped
½ cup plain flour
zest of ½ orange
4 egg whites
½ cup sugar

Preheat oven to 350ºF. Lightly grease and flour an 8-9 inch pan, and line the base with parchment paper. Chop the pecans and apricots finely and toss with the flour and orange zest in a large bowl.

Beat egg whites with electric beaters until soft peaks form. While beating, gradually add the sugar and beat until mixture is thick and glossy. Using a large metal spoon, lightly fold in pecan and apricot mixture until just blended. Spoon mixture into prepared pan, decorate with additional pecans if desired, and bake for 20-30 minutes or until cake springs back when gently pressed with your finger. Allow to cool in pan for 5-10 minutes before transferring to a wire rack to finish cooling. If desired, dust with a little icing sugar.

Makes 8 slices

Per serving: 190 calories, 10g fat, 6g monounsaturated fat, 3g polyunsaturated fat, 1g saturated fat, 25g carbohydrate, 3g protein, 3g fiber, 15% DV of vitamin A, 2% DV of vitamin C, 2% DV of calcium and 6% DV of iron.

Macadamia Shortbread

1 cup raw macadamias
1 cup unbleached flour
¼ cup cornstarch or rice flour
½ cup sugar
1 tablespoon ginger, optional
½ teaspoon vanilla extract
1 egg
2-3 tablespoons chilled skim milk

Preheat oven to 375°F. Lightly oil or line baking tray with parchment paper. Place the macadamia nuts, flour, sugar and ginger in a food processor and process to a fine powder. Add the egg and vanilla and pulse a couple of times, then gradually add the milk in a thin stream with the motor running until mixture just starts to come together. Transfer to a floured board and knead gently to a smooth dough. Shape dough into bite-sized balls, place on baking tray and press gently with a fork. Bake for 12-15 minutes or until golden. Lift one and check the base to test. Cool on a wire rack before placing in sealed containers.

Makes 20 biscuits

Per serving: 100 calories, 5g fat, 4g monounsaturated fat, 0g polyunsaturated fat, 1g saturated fat, 12g carbohydrate, 2g protein, 1g fiber and 4% DV of iron.

NUTRIENTS AND %DV IN

Nutrient	Units	Almonds	Brazils	Cashews
	# of kernels/oz	23	6	18
Calories	kcal	160	190	160
Protein	g*	6	4	4
Total Fat	g	14	19	13
Saturated Fat	g	1	4	3
Monounsaturated Fat	g	9	7	8
Polyunsaturated Fat	g	3.5	6	2
Linoleic acid (18:2)	g	3	6	2
Linolenic acid (18:3)	g	0	0	0
Cholesterol	mg**	0	0	0
Carbohydrate	g	6	3	9
Fiber	g	4	2	1
Calcium	mg (%DV***)	75 (8)	45 (4)	13 (0)
Iron	mg (%DV)	1.05 (6)	0.69 (4)	1.7 (10)
Magnesium	mg (%DV)	76 (20)	107 (25)	74 (20)
Phosphorus	mg (%DV)	137 (15)	206 (20)	139 (15)
Potassium	mg (%DV)	200 (6)	187 (4)	160 (4)
Sodium	mg (%DV)	0 (0)	1 (0)	5 (0)
Zinc	mg (%DV)	0.87 (6)	1.15 (8)	1.59 (10)
Copper	mg (%DV)	0.23 (15)	0.49 (25)	0.63 (30)
Manganese	mg (%DV)	0.65 (30)	0.35 (15)	0.23 (10)
Selenium	mcg**** (%DV)	0.7 (0)	543.5 (780)	3.3 (4)
Vitamin C	mg (%DV)	0 (0)	0.2 (0)	0 (0)
Thiamin	mg (%DV)	0.06 (4)	0.18 (12)	0.06 (4)
Riboflavin	mg (%DV)	0.29 (15)	0.01 (0)	0.06 (4)
Niacin	mg (%DV)	0.96 (4)	0.08 (0)	0.4 (2)
Pantothenic acid	mg (%DV)	0.13 (0)	0.05 (0)	0.35 (4)
Vitamin B6	mg (%DV)	0.04 (2)	0.03 (0)	0.07 (4)
Folate	mcg (%DV)	14 (4)	6 (2)	20 (4)
Choline, total	mg (%DV)	14.8 (2)	8.2 (0)	17.3 (4)
Betaine	mg	0.1	0.1	n/a
Vitamin B12	mcg (%DV)	0 (0)	0 (0)	0 (0)
Vitamin A	IU (%DV)	0 (0)	0 (0)	0 (0)
Vitamin K	mcg	0	0	9.8
Vitamin D	IU (%DV)	0 (0)	0 (0)	0 (0)
Vitamin E	%DV	(35)	(8)	(0)
Tocopherol, alpha	mg	7.43	1.62	0.26
Tocopherol, beta	mg	0.08	0	n/a
Tocopherol, gamma	mg	0.18	2.23	n/a
Tocopherol, delta	mg	0.01	0.22	n/a
Carotenoids				
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	7

1 OUNCE OF TREE NUTS[1]

Hazelnuts	Macadamias	Pecans	Pine nuts[2]	Pistachios	Walnuts
21	10-12	19 halves	167	49	14 halves
180	200	200	190	160	190
4	2	3	4	6	4
17	22	20	20	13	18
1.5	3.5	2	1.5	1.5	1.5
13	17	12	5.5	7	2.5
2	0.5	6	10	4	13
2	0.5	6	9	4	11
0	0	0.5	0	0	2.5
0	0	0	0	0	0
5	4	4	4	8	4
3	2	3	1	3	2
32 (4)	20 (2)	20 (2)	5 (0)	31 (4)	28 (2)
1.33 (8)	0.75 (4)	0.72 (4)	1.57 (8)	1.19 (6)	0.82 (4)
46 (10)	33 (8)	34 (8)	71 (18)	34 (8)	45 (10)
82 (8)	56 (6)	79 (8)	163 (16)	137 (15)	98 (10)
193 (6)	103 (2)	116 (4)	169 (4)	295 (9)	125 (4)
0 (0)	1 (0)	0 (0)	1 (0)	3 (0)	1 (0)
0.69 (4)	0.37 (2)	1.28 (8)	1.83 (12)	0.65 (4)	0.88 (6)
0.49 (25)	0.16 (8)	0.34 (15)	0.38 (20)	0.38 (20)	0.45 (25)
1.75 (90)	0.86 (45)	1.28 (60)	2.5 (120)	0.36 (20)	0.97 (50)
0.7 (0)	3.3 (0)	1.1 (2)	0.2 (0)	2.6 (4)	1.4 (2)
1.8 (2)	0.2 (0)	0.3 (0)	0.2 (0)	0.7 (2)	0.4 (0)
0.18 (10)	0.2 (15)	0.19 (10)	0.1 (6)	0.24 (15)	0.1 (6)
0.03 (2)	0.03 (2)	0.04 (2)	0.06 (4)	0.05 (2)	0.04 (2)
0.51 (2)	0.65 (4)	0.33 (2)	1.24 (6)	0.4 (2)	0.32 (2)
0.26 (2)	0.17 (2)	0.25 (2)	0.09 (0)	0.15 (2)	0.16 (2)
0.16 (8)	0.1 (6)	0.06 (2)	0.03 (0)	0.36 (20)	0.15 (8)
32 (8)	3 (0)	6 (2)	10 (2)	14 (4)	28 (6)
12.9 (2)	12.6 (2)	11.5 (2)	15.8 (2)	20.2 (4)	11.1 (2)
0.1	0.1	0.2	0.1	0.2	0.1
0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
6 (0)	0 (0)	16 (0)	8 (0)	74 (2)	6 (0)
4	0	1	15.3	3.7	.8
0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
(20)	(0)	(2)	(10)	(2)	(0)
4.26	0.16	0.40	2.65	0.55	0.20
0.09	0	0.11	0	0.04	0.04
0	0	6.93	3.16	6.36	5.91
0	0	0.13	0	0.21	0.54
3	0	8	5	45	3
1	0	0	0	0	0
0	0	3	0	0	0
26	0	5	3	342	3

[1]All of the nuts are unsalted; almonds, Brazil nuts, hazelnuts, pecans, pine nuts and walnuts are unroasted; cashews, macadamias and pistachios are dry roasted. [2]Pignolia variety.

Tips for Buying and Storing…

- When buying whole, unshelled nuts, be sure to look for clean shells without cracks. The exception is pistachios, which are usually sold in a semi-open shell.

- Whole, raw shelled nuts should appear fairly uniform in color and size.

- To keep tree nuts as fresh as possible, store them in an air-tight container in the refrigerator for up to six months, or up to a year in the freezer.

The International Tree Nut Council Nutrition Research & Education Foundation (INC NREF), a nonprofit organization, represents nine tree nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts. For more information on tree nuts and health, please visit our website at…

NutHealth.org