

# Walnut Recipes



## Guacamole Walnut Chicken Salad

### You will need:

2 cooked chicken breasts or canned chicken, cubed	2 avocados	1 lime
1 clove garlic, minced	1 cup walnuts	1 onion, small
3 stalks celery	2 - 4 plum tomatoes	salt and pepper to taste

### Instructions:

- Cut avocados in half and remove insides. Mash avocado meat into a paste.
- Add juice from 1 lime. Add minced garlic. Cut tomatoes into pieces and remove seeds.
- Dice small onion and celery.
- Add chicken, tomatoes, onion, and celery to avocado mixture. Add salt and pepper to taste.
- Add walnuts for extra crunch.

## A Smarter Tuna Salad

### You will need:

1 (6 oz.) can white meat tuna, packed in water	4 radishes, minced	2 tsp. fresh lime juice
$\frac{1}{2}$ Granny Smith apple, minced	1 tbsp. minced red onion	2 tbsp. minced parsley
1 large stalk celery, minced	3 - 4 tbsp. mayonnaise	$\frac{1}{4}$ cup minced walnuts, roasted

### Instructions:

- Place tuna in a bowl and flake with a fork.
- Add remaining ingredients and mix well.

## Fruity California Walnut Salad

### You will need:

2 apples, crisp	1 (20 oz.) can pineapple chunks, drained	1 cup raisins
1 cup vanilla yogurt, low-fat	$\frac{3}{4}$ cup walnuts, chopped	

### Instructions:

- Halve and core apples, then cut into  $\frac{1}{2}$  inch cubes. Place apple cubes in a large bowl.
- Add pineapple chunks, yogurt, raisins, and walnuts.
- Toss until ingredients are evenly combined and coated with yogurt.
- Cover and chill until serving.

## Tomato Soup Cake

### You will need:

1 can of tomato soup	1 tsp. baking soda	1 cup white
sugar		
1 egg	1/3 cup butter	1/2 tsp. salt
1 tsp. ground cinnamon	1/2 tsp. ground cloves	1 1/2 cups flour
1 cup raisins	2/3 cup walnuts	frosting of
choice		

### Instructions:

- Combine the tomato soup and the soda in a bowl and let it stand.
- Cream sugar, egg, butter, salt, cinnamon, and cloves together in a mixing bowl.
- Mix in tomato soup and soda mixture and then the flour.
- Stir in the raisins and walnuts. Pour the batter into a greased 9" x 9" baking dish.
- Bake at 325 degrees F for 45 - 50 minutes or until a tooth pick comes out clean.
- Cool the cake and top with cream cheese icing or frosting of choice.

## Hornets Nest Cake

### You will need:

1 pkg. yellow cake mix	1 (4.6 oz.) pkg. non-instant vanilla pudding mix	2 cups butterscotch chips
1 cup chopped walnuts	3 cups of milk	

### Instructions:

- Preheat oven to 350 degrees F. Grease and flour a 9 x 13 inch pan.
- Prepare pudding as directed on box. Allow to cool slightly. Mix in yellow cake mix and stir well.
- Pour batter into a 9 x 13 inch cake pan.
- Sprinkle top with butterscotch chips and chopped walnuts.
- Bake in preheated oven for 35 - 40 minutes. Cut into squares and serve.

## Skinny Peanut Butter Banana Muffins

### You will need:

1/2 cup creamy peanut butter	2 large ripe bananas, smashed	1 large egg
1/2 cup plain Greek yogurt	1/4 cup packed brown sugar	1/3 cup milk
1/4 cup honey	2 tsp. vanilla extract	1 3/4 cup flour
1 tsp. ground cinnamon	1 tsp. baking soda	1 tsp. baking powder
1/4 tsp salt	3/4 cup walnuts, chopped	
1/3 cup mini chocolate chips or 1/4 cup creamy peanut butter (optional)		

### Instructions:

- Preheat oven to 425 degrees F. Spray muffin pan (12 count) with nonstick cooking spray.
- In a medium bowl, whisk mashed bananas, honey, brown sugar, yogurt, egg, milk, and vanilla.
- In a large bowl, whisk flour, cinnamon, baking soda, baking powder, salt, and optional items.
- Pour the wet ingredients into the dry ingredients and lightly whisk until combined.
- Add chopped walnuts. Stir until no flour pockets remain.
- Try not to over stir. Fill muffin cups to almost full.
- Bake for 5 minutes at 425 degrees F. Keep muffins in oven and lower temperature to 350 degrees F.
- Bake for 12 more minutes or until tooth pick comes out clean. Drizzle tops with melted peanut butter.