

Recipes Using Walnuts



Roasted and Candied Walnuts

Roasted walnuts: Spread walnuts in a shallow baking pan lined with parchment paper. Bake at 350 degrees F. oven for 4 - 8 minutes or until golden. Shake pan once or twice during baking time.

Candied Walnuts: Preheat oven to 350 degrees F. Spread 1 pound walnuts in a single layer over a baking sheet. Roast for 4 - 8 minutes until nuts start to turn brown. Remove from oven. Stir together 1 cup white sugar, 2 tsp. cinnamon, $\frac{1}{4}$ tsp. salt and 6 tbsp. milk. Cook over medium-high heat for 8 minutes or until mixture reaches soft ball stage (236 degrees F.) Remove from heat and immediately stir in 1 tsp. vanilla extract. Add walnuts to sugar syrup and stir to coat well. Spoon nuts onto wax paper and use fork to separate nuts. Cool. Store in air tight container.

Cranberry Orange Walnut Bread

You will need:

1 cup coarsely chopped walnuts	2 cups flour	1 tsp. baking soda	1 - $\frac{1}{2}$ tsp. baking powder
1 egg	$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup orange juice	1 cup sugar
2 tbsp. butter, melted	1 cup dried cranberries, soaked		2 tbsp. hot water
			grated zest of 1 orange

Instructions:

- In a large bowl, combine the dry ingredients. Soak cranberries in warm water for 20 minutes. Drain.
- In another bowl, beat egg. Add orange juice, zest, butter and hot water to the egg.
- Add flour mixture. Stir until just moistened. Gently fold in the cranberries and walnuts.
- Spoon mixture into greased a 9x5-in. loaf pan. Bake at 325 degrees F. for 60 min.
- Insert toothpick into center to test for doneness. Cool for 10 min. before removing from pan.

Walnut Crusted Chicken Breasts

You will need:

1/3 cup walnuts, finely chopped	4 chicken breast halves, boneless and skinless	
$\frac{1}{2}$ cup bread crumbs	2 tbsp. grated Parmesan cheese	2 large egg whites
1 tbsp. oil	salt and pepper to taste	lemon slices

Instructions:

- Preheat oven to 425 degrees F. In food processor, combine bread crumbs, cheese and walnuts.
- Season with salt and pepper. Process until fine breadcrumbs form. Transfer to small bowl.
- In another bowl, beat egg whites until frothy. Season chicken with salt and pepper.
- Dip each breast into egg whites, letting excess drip off and then into crumb mixture. Press to adhere.
- In a large nonstick ovenproof skillet heat oil over medium heat. Add chicken.
- Cook until lightly browned, 1 - 3 minutes. Carefully turn chicken over and then put skillet in oven.
- Bake until chicken is golden brown and cooked through 8 - 12 minutes.
- Serve with lemon slices and a green salad.

Lemon Green Beans with Walnuts

You will need:

2/3 cup walnuts, toasted and coarsely chopped	1 - ½ lb. fresh green beans, trimmed	1/3 cup olive oil
2 tbsp. shallot or onion, minced	1 tsp. Dijon mustard (optional)	1 lemon
1 tsp. minced garlic (optional)	salt and pepper to taste	

Instructions:

- Remove peel from lemon and cut into very fine strips. Squeeze 2 tbsp. of juice from lemon.
- In a small bowl, whisk together lemon juice and mustard and then oil, shallot, garlic, salt and pepper.
- Trim green beans. Cook beans in a pot of boiling salted water until crisp-tender; 5 - 6 min.
- Drain: pat dry. Combine beans, walnuts, and lemon peel strips in a large bowl.
- Add dressing and toss. Season with salt and pepper and serve.

Cranberry Walnut Chicken Salad

You will need:

1/3 cup walnuts, chopped	3 cups rotisserie chicken, diced	¾ cup mayonnaise	¼ cup sour cream
salt & pepper to taste	1/3 cup dried cranberries	½ cup celery, chopped	¼ tsp. dried dill
1 cup Gala apples, chopped (optional)	1 cup Granny Smith apples, chopped (optional)		

Instructions:

- Mix together chicken, mayonnaise and sour cream in a bowl. Add remaining ingredients and mix well.
- Serve chilled on bread or as a salad.

Easy Walnut Lovers Brownies

For the topping you will need:

4 cups chopped walnuts	¼ cup butter or margarine	2 tbsp. flour
1 tsp. vanilla	¾ cup packed brown sugar	1 egg

For the brownies you will need:

1 (18.3 oz.) fudge brownie mix water, vegetable oil and egg called for on brownie mix box
(You may also use your favorite homemade brownie recipe.)

Instructions:

- Preheat oven to 350 degrees F. Grease bottom and sides of 13x9-inch pan with cooking spray.
- In a 2 quart saucepan, heat brown sugar and butter over low heat, stirring occasionally until melted.
- Cool slightly. Stir in flour, vanilla and egg until blended. Stir in walnuts. Set aside.
- Make brownie batter as directed on box. Spread batter into the pan. Spoon topping over batter.
- Bake 30 - 35 minutes or until toothpick inserted into center comes out almost clean.
- Cool completely in pan on cooling rack. Cut brownies into 8 rows by 4 rows.

Apple Walnut Cake

You will need:

1 cup chopped walnuts	3 large eggs	1 ¾ cups sugar	1 cup oil
1 tsp. vanilla	2 cups flour	1 tsp. baking soda	1 tsp. cinnamon
¼ tsp. salt	5 apples, peeled, cored and chopped		¼ cup powdered sugar

Instructions:

- Preheat oven to 350 degrees F. In a medium-size bowl, blend together eggs, sugar, oil and vanilla.
- In a separate bowl, sift together the flour, baking soda, cinnamon and salt.
- Add the flour mixture to the egg mixture and mix until just blended. Fold in the apples and the nuts.
- Spray a 9x13 inch pan with cooking spray. Pour batter into pan and spread evenly.
- Bake for 35 - 38 minutes until toothpick comes out clean. Allow cake to cool. Sprinkle with sugar.