

# Recipes Using Walnuts



Neighbors, Inc., South Saint Paul, MN 55075

## California Walnut Salsa

### You will need:

1 $\frac{1}{2}$ cup walnuts, toasted and chopped	$\frac{1}{2}$ onion, chopped	3 tbsp. chopped fresh cilantro
2 tsp. lime juice	1 tsp. ground cumin	$\frac{1}{2}$ tsp. salt
3 cloves garlic, minced	1 (14.5) oz. can diced tomatoes, drained and chopped	

fresh or canned jalapenos, drained and chopped to taste

### Instructions:

- . Stir together all ingredients in a medium bowl.
- . Cover and refrigerate until ready to use.

## Walnut Apple Salad

### You will need:

$\frac{3}{4}$ cup walnut pieces	3 large apples (Fuji, Granny Smith, Honeycrisp)	$\frac{3}{4}$ cup raisins or dried cranberries
1 cup celery, chopped	$\frac{1}{2}$ cup mayonnaise or Greek yogurt	1 tsp. lemon juice or cider vinegar

### Instructions:

- . Core and chop the apples into  $\frac{1}{2}$ -inch chunks. Sprinkle fresh lemon juice and toss to prevent discoloration.
- . In a medium bowl, combine the chopped apples with the celery, raisins and walnuts.
- . Add mayonnaise or yogurt to the bowl. Then toss all ingredients together until thoroughly coated.
- . Spoon onto serving plates or lettuce leaves for an attractive presentation.

## Walnut Broccoli Rice

### You will need:

1 $\frac{2}{3}$ cup chopped walnuts	1 tbsp. oil	3 tbsp. butter
1 tbsp. toasted sesame seeds, optional	$\frac{1}{3}$ cup chopped onions	$\frac{1}{4}$ tsp. garlic powder
1 $\frac{1}{2}$ cups cooked broccoli florets	2 cups white or brown rice	2 tbsp. soy sauce

### Instructions:

- . Melt butter in a large skillet over medium heat.
- . Saute onions, walnuts, sesame seeds and garlic powder until onions are just tender.
- . Add broccoli, rice and soy sauce. Heat mixture. Cover and remove from heat.
- . Serves four people.

## Walnut Crusted Chicken

### You will need:

1 $\frac{3}{4}$ cup walnuts, finely chopped	4 chicken breasts	$\frac{1}{2}$ cup panko bread crumbs
1/3 cup fresh rosemary, finely chopped	2 eggs, lightly beaten	1 cup flour
$\frac{1}{2}$ tsp. black pepper	1 tsp. salt	plastic wrap
		cooking spray

### Instructions:

- Preheat oven to 350 degrees F. Line baking sheet with parchment paper. Spray with cooking oil.
- Cut each breast in half, then place on cutting board and cover with plastic wrap.
- Beat with a meat mallet until  $\frac{1}{2}$  inch in uniform thickness.
- Arrange three shallow bowls on the counter. In the first bowl, combine the lightly beaten eggs.
- In the second bowl, combine the flour with the salt and pepper.
- In the third bowl, combine walnuts, rosemary and panko bread crumbs.
- (You may substitute plain breadcrumbs for the panko bread crumbs.)
- Lightly dredge each breast half in the flour, then the egg and finally the walnut mixture.
- Pat in walnuts to make sure you get a good, even coat.
- Place in a single layer in prepared baking sheet. Repeat with all chicken.
- Bake chicken for approximately 20 minutes.
- For the last 2 minutes, change to a low broil to get a nice brown on top.

## Easy Walnut Cookies

### You will need:

1 cup finely chopped walnuts	1 $\frac{1}{2}$ cups flour	1 $\frac{1}{2}$ tsp. baking powder
8 tbsp. butter at room temperature	$\frac{1}{2}$ cup powdered sugar	pinch of salt
1 $\frac{1}{2}$ tsp. baking powder	8 tbsp. butter at room temperature	2 large eggs
pinch of salt	parchment paper	

### Instructions:

- Preheat oven to 350 degrees F. Cover a baking sheet with parchment. Sift flour and baking powder.
- In a bowl with a mixer on low speed, mix the butter with the sugar and salt until mixture is well blended.
- If you prefer a sweeter cookie, add  $\frac{1}{2}$  cup sugar and 1 tsp. vanilla.
- Add one egg and one extra egg yolk. Continue beating at low speed until thoroughly incorporated.
- Add the sifted flour and baking powder and combine with a mixer on low speed or with a fork.
- You will get a soft dough. Form balls into 1-inch in diameter. Roll balls into remaining egg whites.
- Then toss balls into the chopped walnuts. Place on prepared baking sheet.
- Bake for 15 - 18 minutes or until cookies are brown on the bottom. Let cool on a rack. Serve cold.
- May be stored in an airtight container for up to one week.

## Walnut Pumpkin Cake

### You will need:

1 cup medium chopped walnuts	1 box spice cake mix	1 (15 oz.) can of canned pumpkin
2 eggs	cream cheese frosting	

### Instructions:

- Preheat oven to 350 degrees F. Grease a 9x13-inch pan and set aside.
- In a medium bowl, combine all ingredients with a mixer on medium speed until combined.
- Add  $\frac{1}{2}$  cup medium chopped walnuts. Blend into mixture. Spread mixture into the cake pan.
- Bake 25 - 30 minutes until toothpick comes out clean. Let cool on cake rack.
- Frost with cream cheese frosting and top with medium chopped walnuts.