EAT WELL, AGE WELL. PUMPKIN SEEDS

PUMPKIN SEEDS

PUMPKIN SEEDS ARE A GREAT SOURCE OF PROTEIN AND HEART-HEALTHY, CHOLESTEROL LOWERING, PHYTOSTEROLS AND MONO-UNSATURATED FATS. THEY ARE RICH IN ANTIOXIDANTS AND THE AMINO ACID TRYPTOPHAN, WHICH CONVERTS TO SEROTONIN AND MELATONIN TO HELP WITH RESTFUL SLEEP.

A ¾ CUP SERVING CONTAINS 60% OF POTASSIUM, 58% OF MAGNESIUM, 51% OF PHOSPHOROUS, 32% OF ZINC AND 29% OF IRON DAILY REQUIRED NEEDS. ALL THESE HELP WITH BLOOD PRESSURE CONTROL, IMMUNITY, SLEEP, MOOD, NERVE AND MUSCLE FUNCTIONING AND FLUID BALANCE.

Wow! Charlie Brown was right, there is a great pumpkin.

Cinnamon Toast Pumpkin Seeds

Ingredients:
- 1 ½ cups pumpkin seeds
- 2 tablespoons stevia or sugar
- ¼ teaspoon salt (optional)
- 1 teaspoon ground cinnamon
- 2 tablespoons butter/margarine, melted

Directions

1. Preheat oven to 300°F.
2. Mix butter, cinnamon, and salt (if desired) together in a bowl.
3. Remove pumpkin seeds from pumpkin, wash and dry.
4. Place pumpkin seeds in a large bowl and pour the butter mixture over seeds; stir to evenly coat.
5. Spread seeds in a single layer onto a baking sheet. Line with parchment paper if you like.
6. Bake in the preheated oven, stirring occasionally, until seeds are lightly browned, about 40 minutes or until done.
7. Remove baking sheet from oven; sprinkle stevia/sugar over seeds (if desired) and stir until evenly coated.

Adapted from: [http://allrecipes.com/recipe/239621/cinnamon-toast-pumpkin-seeds/](http://allrecipes.com/recipe/239621/cinnamon-toast-pumpkin-seeds/)

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Daisy Perez
Walnut Crusted Salmon Fillets

**Ingredients:**
- ¾ cup walnuts
- 1 ½ tablespoons dry breadcrumbs
- 1 ½ tablespoons lemon rind, finely grated
- 1 ½ tablespoons extra virgin olive oil
- 1 ½ teaspoons fresh dill, chopped
- Salt and pepper to taste or your desired seasoning.
- 3-3 ounce salmon fillets, skin on
- Dijon mustard
- 1 tablespoons fresh lemon juice

**Directions**
1. Place walnuts in food processor or chopper, coarsely chop. Add breadcrumbs, lemon rind, olive oil and dill; pulse until crumbly. Mixture should stick together. Season with salt and pepper; set aside.
3. Spoon walnut crumb mixture over each fillet; gently press the crumb mixture into the surface of the fish. Cover with plastic wrap; refrigerate for up to 2 hours.
4. Bake at 350°F 15 to 20 minutes, or until salmon flakes with a fork. Just before serving, sprinkle each with lemon juice.


**An Ounce of Nuts a Day...**

You have probably heard that eating an ounce of nuts a day has health benefits. However, how do you know how many nuts equal an ounce? Here is a quick guide to help you.

**1 Ounce of Nuts**
- Almonds 20-24
- Brazil Nuts 6-8
- Cashews 16-18
- Hazelnuts 18-20
- Macadamia 10-12
- Pecans 18-20
- Pine Nuts 150-157
- Pistachios 45-47
- Walnuts 8-11 halves

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**EAT WELL, AGE WELL. WALNUTS**

**Seasonal Foods that Taste Great with Walnuts**

<table>
<thead>
<tr>
<th>Season</th>
<th>Fresh Fruits</th>
<th>Fresh Vegetables</th>
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**Storage Tips**

**Cold Storage = Fresh Taste**
The best place to store walnuts is in the refrigerator if you’re planning to use them right away. If you are storing them for a month or longer, put them in the freezer. Walnuts can absorb flavors of other foods so keep them away from foods with strong odors.

**Prep as Needed**

Only shell, chop or grind walnuts as needed right before using them. This will help maintain great flavor.

**Keep Air Out**

If you buy walnuts in sealed packaging, you can store them in their original packaging. Once you open the sealed bag or if you buy bulk walnuts, transfer them to an airtight container to keep fresh.

**Know When They’ve Gone Bad**

Walnuts can go rancid when exposed to warm temperatures for long periods of time. If your walnuts have a sour odor, it’s time to throw them away!

How to Use
If you want to incorporate chia into your diet, here are some suggestions:

- **To make "Chia Gel":** Soak chia seeds in water for approximately 10 minutes until plump. The soaked seeds have a gelatinous texture and blend well with moist foods such as yogurt, oatmeal, cereal with milk, fruit salad, and tomato sauce.

- **Baked goods can be improved with chia; up to 25% of oil or egg in cake recipes may be replaced with soaked chia seeds (chia gel) without affecting weight, volume, or taste of the final product.**

- **Dry chia seeds can be directly added to any desired beverage and can be used to make a pudding; soak ½ cup dry chia seeds in 2 cups milk, add honey or maple syrup to taste, and let stand overnight.**

- **People with swallowing problems should never consume dry chia without first thoroughly soaking the seeds in liquid until completely plump. There’s potential risk of obstruction if the seeds expand while within the esophagus without adequate liquid.**

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**Simple Chia Pudding**

**Ingredients**
- 1/3 cup chia seeds
- 1 ½ cups milk (of your choice)
- 2 TBSP maple syrup, honey or agave
- ½ tsp vanilla
- Fruit of your choice

**Instructions**
1. Combine all the ingredients in a pint jar. Cover the jar with a tight lid and shake well. Chill for about an hour, then shake again. Return to fridge and let chill for at least 4 hours or overnight.
2. Chia seeds will expand and turn into pudding the consistency of applesauce. Serve cold with sliced fruit or toasted nuts on top.

**Variations to try or make up your own!**
- Maple syrup, pears & almonds (almond milk)
- Honey, orange segments & pistachios (milk)
- Toasted coconut, agave syrup, and banana (coconut milk)

Recipe adapted from: [http://www.simplebites.net/how-to-make-simple-chia-pudding/](http://www.simplebites.net/how-to-make-simple-chia-pudding/)