

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 ¼ 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



Pixabay.com- Lutz (Photographer)

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/>

GO NUTS OVER THE BENEFITS OF WALNUTS!

Walnuts have more antioxidants than any other nut! These antioxidants help protect our bodies against free radicals, which have been linked to cancer, atherosclerosis, and other diseases. Walnuts have also been proven to lower blood cholesterol and have anti-inflammatory properties.

Many are wary of nuts because they are relatively high in fat and calories, but the type of fat along with the abundant nutrients they contain make walnuts a healthy choice.

To avoid excessive calorie consumption, limit yourself to a single 1-ounce serving of walnuts a day.

EAT WELL, AGE WELL. WALNUTS

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



California Walnuts for more Simple Recipes & Tips visit <https://walnuts.org/wp-content/uploads/2017/10/Simple-Recipes-E-book.pdf>

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.
2. Arrange salmon fillets skin side down on parchment paper lined baking sheets. Brush tops with mustard.
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

Adopted from source: <https://www.walnuts.org/cooking-with-walnuts/recipes/crunchy-walnut-crust-salmon-fillets/>

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Daisy Perez

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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

Seasonal Foods that Taste Great with Walnuts

	 Fresh Fruits	 Fresh Vegetables	 Seafood	 Fresh Cheese
Spring	Strawberries Oranges Rhubarb Cherries	Fava Beans Asparagus Spinach Broccoli	Sole Halibut Sea Bass	Goat Ricotta Mozzarella
Summer	Blueberries Plums Apricots Peaches	Summer Squash Green Beans Eggplant Zucchini	Trout Salmon Mahi Mahi	Brie Tellegio Camembert
Fall	Pears Pomegranates Figs Apples	Potatoes Swiss Chard Butternut Squash Brussels Sprouts	Trout Shrimp Cod	Cheddar Manchego Fontina
Winter	Citrus Fruits Persimmons Dates Cranberries	Kale Leeks Artichokes Mushrooms	Shrimp Crab Scallops Rockfish	Stilton Gorgonzola

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!

EAT WELL, AGE WELL. CHIA SEEDS

CHIA SEEDS

Chia is a relative of mint. The common name "chia," derived from a word meaning "oily," was given by the Aztecs and inhabitants of pre-Columbian South and Central America. These populations used chia as a medicinal and staple food.

Chia is primarily grown for its seeds, which are high in alpha-linolenic acid (ALA)—an omega-3 fatty acid. The cardiovascular health benefits of a diet rich in ALA are well documented and chia is a delicious way to add ALA to your diet. The recommended Dietary Reference Intake (DRI) for ALA is 1.6 g per day for adult males and 1.1 g per day for adult females. One tablespoon of chia seeds provides 1.32 g ALA, meeting the recommended DRI for women and satisfying nearly 83% of daily ALA needs for men.

The seeds also provide fiber, protein, minerals, and antioxidants, and are gluten-free.

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



Photo courtesy of Pixabay.com

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/>

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.

Source: *Health Benefits of Chia — Learn About Its History, Nutrient Composition, and Current Research Regarding Its Health Benefits* By Jacqueline Santora Zimmerman, MS, RDN Today's Dietitian Vol. 19, No. 1, P. 44