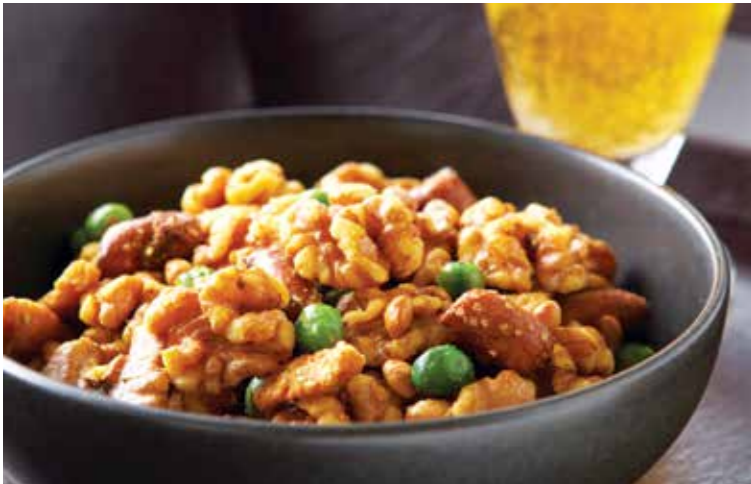


INDIAN SPICED PARTY MIX



INGREDIENTS :
 2tbsp(30mL)butter•2tsp(10mL)currypaste(notpowder)•1tsp(5 mL)granulatedsugar• 2 cups (500 mL) California walnut halves • 2 cups (500 mL) multigrain pretzel nuggets • 1 cup (250 mL) roasted unsalted soy nuts • 1 cup (250 mL) roasted peas

- METHOD**
- Pre-heat oven to 250°F (120°C).
 - In a large microwavable bowl, add butter, curry paste and sugar. Microwave on high, until butter is melted, about 30 seconds. Whisk ingredients together to combine. Add walnuts and stir to coat.
 - Add in pretzels and stir to combine. Stir in sesame sticks, soy nuts and peas (order is important for baking).
 - Pour mixture onto a rimmed baking sheet. Bake in the centre of the oven for about one hour, stirring about every 15 minutes, until walnuts are a deep golden colour and mixture is toasted.
 - Let cool.
 - Store in an airtight container at room temperature for up to 5 days.

NUTRITIONAL FACTS Amount per 100 gram		
Nutrition	Monounsaturated Fat	Carbohydrates
Vegetarian	—	21 g
Calories	Polyunsaturated Fat	Dietary Fiber
290 kcal / 1214 kJ	—	3 g
Total Fat	Trans Fat	Protein
21 g	—	9 g
Saturated Fat	Sodium	Cholestrol
3 g	160 mg	5 mg
Unsaturated Fat		

HOMEMADE CHOCOLATE WALNUT BROWNIES



INGREDIENTS :
 3/4 cup butter • 3/4 cup chocolate chips • 2/3 cup unsweetened cocoa powder • 1 1/2 cups sugar • 1 cup flour • 1/2 teaspoon baking powder • 1/2 teaspoon vanilla extract • 4 eggs • 3/4 cup chopped walnuts

- METHOD**
- Preheat oven to 350°F.
 - Butter a 9"x9" square baking pan.
 - In a double boiler over low heat, melt butter and chocolate chips together and remove from heat.
 - In a separate bowl, combine dry ingredients.
 - When the chocolate/butter mixture has cooled a little whisk in the eggs and vanilla.
 - Note: it is important to cool the chocolate/butter mixture or the eggs will cook.
 - Add the dry ingredients and whisk to combine.
 - Stir in the chopped walnuts.
 - Pour batter into prepared baking pan.
 - Bake for 40-45 minutes or until a knife inserted into center comes out clean.

NUTRITIONAL FACTS Amount per 100 gram		
Nutrition	Monounsaturated Fat	Carbohydrates
Low Sodium-140 mg or less per serving	6 g	43 g
Calories	Polyunsaturated Fat	Dietary Fiber
374 kcal / 1566 kJ	4 g	3 g
Total Fat	Trans Fat	Protein
22 g	0 g	6 g
Saturated Fat	Sodium	Cholestrol
10 g	-	95 mg
Unsaturated Fat		



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WALNUT HALWA



INGREDIENTS :

Walnuts – 2 cups • Sugar - 4 cups • Low fat unsalted butter, 1 stick • Milk, 3 cups • Food color, 1 pinch • Cardamom powder, 2 teaspoons.

METHOD

- Grind the walnuts into a smooth paste by adding ½ cup of milk along with it in the blender.
- Heat a pan and the stick of butter to the pan. When the butter has melted completely, add the ground walnut paste, remaining milk, sugar, food color, cardamom powder and stir everything well until the sugar melts.
- Keep stirring till the halwa becomes thick. The halwa will slowly become thick and when the halwa comes along with the spatula while stirring with without sticking to the bottom, switch off the stove.
- The final halwa consistency should not be too thick, it should be a little bit runny. When it starts cooling, it will become thick to the desired consistency.

NUTRITIONAL FACTS Amount per 100 gram		
Nutrition	Monounsaturated Fat	Carbohydrates
—	8g	60g
Calories	Polyunsaturated Fat	Dietary Fiber
469	8g	4.5g
Total Fat	Trans Fat	Protein
22g	—	12g
Saturated Fat	Sodium	Cholesterol
4.1g	195mg	
Unsaturated Fat		

CHILLI LIME CHICKEN



INGREDIENTS :

• 3 tablespoons butter, divided • 2 teaspoons Mexican Seasoning Blend, divided • 2 teaspoons garlic salt, divided • 1/2 cup coarsely broken or chopped California walnut halves • 4 small chicken breasts, boneless and skinless • 2 tablespoons lime juice • 1 avocado, peeled, pitted and diced

METHOD

- In a large skillet melt 1 tablespoon butter. Add 1/2 teaspoon of the Mexican seasoning blend and 1/2 teaspoon garlic salt to butter, and stir in walnuts. Cook over medium heat for 5 minutes or until toasty, stirring frequently. Remove from skillet.
- In the same skillet melt remaining butter over medium heat. Add remaining seasoning blend and garlic salt. Add chicken and turn to coat both sides with butter. Cook for 5 minutes on each side until cooked through. Add lime juice to skillet and cook a few minutes more. Top with avocado.
- Serve chicken over rice

Nutrition	Monounsaturated Fat	Carbohydrates
—	9 g	6 g
Calories	Polyunsaturated Fat	Dietary Fiber
490 kcal / 2052 kJ	9.24 g	3 g
Total Fat	Trans Fat	Protein
29 g	—	55 g
Saturated Fat	Sodium	Cholesterol
—	740 mg	200 mg
Unsaturated Fat		

MANGO CALIFORNIA WALNUT BREAD



INGREDIENTS :

• 3/4 cup granulated sugar • 2 eggs • 1/2 teaspoon vanilla • 3/4 cup peeled and diced firm ripe mango • 2 teaspoon grated lime zest • 1 tablespoon lime juice • 2 cups all purpose flour • 1 teaspoon baking soda • 1/4 teaspoon salt • 1/2 cup chopped California Walnuts • 1/2 cup vegetable oil

FOR THE GLAZE:

• 1 cup icing sugar • 1 tablespoon finely grated lime zest • 1-2 tablespoons lime juice

METHOD

- In large bowl, beat oil and sugar until smooth. Beat in eggs, one at a time; add vanilla. Stir in mango, lime zest and juice.
- In medium bowl, mix flour, baking soda and salt; stir into egg mixture until just combined. Stir in walnuts. Pour batter into greased 8-1/2 x 4-1/2-inch loaf pan. Bake in 350°F oven 50 minutes or until toothpick inserted in centre comes out clean. Cool a few minutes in pan; remove and continue cooling on wire rack.
- Glaze: In small bowl, combine icing sugar and lime zest. Add lime juice; stir until blended. Spread or drizzle over loaf.
Tip: May be frozen without glaze. Wrap well in plastic wrap and place in freezer bag.

NUTRITIONAL FACTS Amount per 100 gram		
Nutrition	Monounsaturated Fat	Carbohydrates
Vegetarian	—	.12 g
Calories	Polyunsaturated Fat	Dietary Fiber
80 kcal / 335 kJ	9 g	—
Total Fat	Trans Fat	Protein
3 g	—	3 g
Saturated Fat	Sodium	Cholesterol
—	—	—
Unsaturated Fat		

CALIFORNIA WALNUT AND ROASTED CARROT HUMMUS



INGREDIENTS :

For the hummus: • 200g carrots, cut into sticks • 1 tsp cumin seeds • 1 tbsp extra virgin olive oil • 1 x 400g tin chickpeas, drained • 2 tbsp tahini • Juice of 1 lemon • 80g California walnuts, toasted • Splash of water • Salt and pepper to taste

To serve:

- A handful of green olives, roughly chopped • 2 slices of preserved lemons, thinly sliced • Small bunch coriander, roughly chopped or torn • Additional extra virgin olive oil (optional)

METHOD

- Preheat the oven to 180°C.
- Place the carrots onto a small roasting tray and sprinkle over the cumin and olive oil. Roast in the oven for 25-30 minutes, or until tinged golden.
- Place the roasted carrots, chickpeas, tahini, lemon juice and 50g of the California walnuts into a food processor and blitz until smooth, adding in a splash of water if you need to loosen the mixture a little. Season to taste with salt and pepper.
- Spoon the hummus into your chosen container, then top with the olives, preserved lemon slices, coriander and leftover walnuts. Drizzle over some extra olive oil.
- Fold the flour mixture into the egg batter until well combined, and then stir in the carrot, walnut and pineapple mix.
- Line cupcake tins with liners and fill with batter, filling about three-quarters full. Bake for 20 minutes or until cake tester inserted in centre comes out clean. Transfer to rack; let cool.
- Lemon Butter cream Frosting: Combine the butter, sugar, lemon juice, zest, and vanilla in a stand mixer and whip until light and fluffy, about 4 minutes. Makes 24 cupcakes.

NUTRITIONAL FACTS Amount per 100 gram		
Nutrition	Monounsaturated Fat	Carbohydrates
Dairy Free, Gluten Free, Vegan, Vegetarian	—	4.9 g
Calories	Polyunsaturated Fat	Dietary Fiber
238 kcal / 996 kJ	—	4.6 g
Total Fat	Trans Fat	Protein
22.2 g	—	5 g
Saturated Fat	Sodium	Cholesterol
2.7 g	780 mg	—
Unsaturated Fat		