

Cooking with Walnuts

Walnuts add a crunchy sweetness to any recipe. For breakfast, try tossing them on cereal, adding them to pancakes, or cooking them in muffins. For lunch, they are a nice addition to any salad, taste delicious in sandwiches, and can be added to your chocolate chip cookie recipe for a special treat! Walnuts make a terrific pesto sauce, a nice coating on fish and chicken, and a beautiful topping on a hot fudge sundae.

Below are a couple of fun recipes that you can make in class or at home.

Fruity Walnut Slaw

Ingredients

Makes approximately 30 – ½ cup servings

1½ cups toasted California walnut pieces
¼ cup walnut oil
½ cup canola oil (or similar oil)
¾ cup lime juice
2 tablespoons honey
3 12oz packages of chopped cabbage or coleslaw mix
3 grated apples
Optional – parsley or cilantro
Salt and pepper to taste

Kitchen Materials

Cutting board
Apple peeler
Grater
Measuring spoons
Measuring cups
Large bowl
Large spoon

Procedure

1. In a small bowl whisk together lime juice, walnut oil, canola oil, and honey and set aside.
2. Peel and grate 3 apples.
3. Pour chopped cabbage and grated apples into a large bowl. Add dressing and toss.
4. If time permits, refrigerate for 1 hour to blend the flavors.
5. Toss with toasted walnuts before serving.

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Banana Split Trail Mix

Ingredients

½ cup brown sugar
¼ cup water
2 tablespoons butter
2 tablespoons honey
2 teaspoons vanilla extract
2 cups rolled oats
2 cups California walnuts, coarsely chopped
1 cup freeze-dried bananas or banana chips
1 cup dried cherries or apricots
1 cup dark chocolate

Procedure

1. Preheat oven to 300F and line baking sheet with parchment paper
2. Bring brown sugar, water, butter, honey and extract to a boil in a large saucepan for a few minutes, then stir in oats and walnuts.
3. Spread on prepared baking sheet and bake for 10 minutes.
4. Stir and bake 10 more minutes or until lightly browned.
5. Cook completely. Stir in dried fruit and chocolate chips.
6. Store in an airtight container.

Kitchen Materials

Sauce pan
Baking sheet
Parchment paper
Measuring cup
Large airtight storage container

Extension Ideas

1. Have students create their own recipe using walnuts.
2. Instruct students to research the nutritional facts for ingredients in the Fruity Walnut Slaw in order to make a nutrition label for one serving of Fruity Walnut Slaw.