



# Walnuts

## 3 Prep and cooking tips

- Toasting walnuts releases their natural oils and improves their flavor. Toasted walnuts can be toasted in the oven or on the stovetop but be careful not to burn them.
- Walnuts can be used in place of other nuts or ingredients in recipes. They can also be used to replace meat in vegetarian or vegan dishes like walnut meatballs or walnut tacos.
- Walnuts can be used to add texture and flavor to salads, grain dishes, muffins, breads, and other baked goods. Chopped walnuts can also be used as a topping for cakes or other desserts.

## 2 Shopping and storage

- When shopping for walnuts, look for fresh, whole nuts they should be free of cracks, holes, and other damage. They should also feel heavy for their size.
- Store walnuts properly to maintain freshness. Walnuts should be stored in an airtight container in the refrigerator or freezer to prevent them from going rancid. They can last up to 6 months in the refrigerator and up to a year in the freezer.

## 1 Nutrition Fact:

- Walnuts are high in phosphorus and magnesium, which help to maintain strong bones, regulate blood pressure, and strengthen the immune system.

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