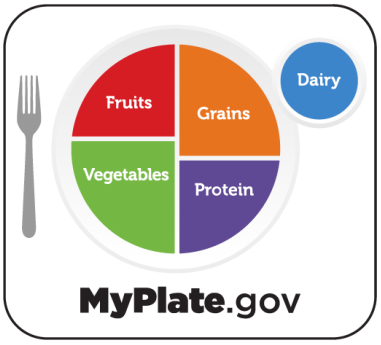

Almonds, Natural, Whole, Shelled

MyPlate Food Group: **Protein**

USDA Foods

Nutrition Information

- 1/2 ounce of almonds counts as 1 ounce in the ChooseMyPlate.gov Protein group. This is about 12 almonds.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Almonds supply many nutrients such as protein, fiber, vitamin E, calcium, magnesium, phosphorus and potassium.

Uses and Tips

- Chop almonds to use as a topping for oatmeal and farina.
- Mix almonds with dried fruit, such as raisins to create an easy, portable snack.
- Add chopped almonds and fresh herbs to cooked rice to create a flavorful and festive pilaf dish.
- Add chopped almonds to muffins and quick breads for extra protein.

Storing Foods at Home

- Store almonds in a cool, dry place in your kitchen (less than 50 degrees Fahrenheit).
- Once opened, store almonds in an airtight container or zip top bag.
- Refer to the product's packaging for more information on how to properly store this product.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- Vitamin E is an antioxidant that helps protects your body from cell damage that can lead to cancer and heart disease. Magnesium help build bones and supports muscle function.

USDA Foods

Brown Rice Pilaf
Makes 4 servings

Ingredients
1 ½ cups brown rice
3 cups water
¼ cup almonds, sliced or coarsely chopped
1 teaspoon dried parsley
½ teaspoon garlic powder
½ teaspoon salt
¼ teaspoon black pepper

Directions: *Wash hands with soap and water.*

1. In a medium saucepan, combine the rice, water, almonds, parsley, garlic powder salt and black pepper.
2. Bring to a boil. Reduce heat to low, cover and simmer until all liquid is absorbed and rice is tender, about 30 minutes.
3. Remove from heat and let sit, covered, for 10 minutes. Fluff cooked rice with a fork. Serve and enjoy!

Recipe adapted from MyPlate Kitchen

Breakfast Muffins
Makes 12 muffins

Ingredients
2 cups white whole wheat or all-purpose flour
½ cup granulated sugar
2 teaspoons baking powder
½ teaspoon salt
2 eggs (fresh or dried egg mix), beaten
½ cup vegetable oil
½ cup milk (shelf stable UHT or made from instant nonfat dry)
½ cup almonds, coarsely chopped

Directions: *Wash hands with soap and water.*

1. Preheat the oven to 400 degrees F.
2. Line a 12-cup muffin tin with paper liners or spray each cup with non-stick cooking spray or rub with an oil-moistened paper towel.
3. In a mixing bowl, combine flour, sugar, baking powder and salt. Stir together.
4. Add eggs, oil and milk. Mix until just combined. Do not overmix.
5. Fold in the almonds.
6. Scoop mix into prepared muffin tin until they are about ¾ of the way full. Bake for 15-18 minutes until muffins are golden on top and a toothpick inserted into the center comes out clean.
7. Allow to cool completely before removing from pan and serving.

Recipe adapted from I Heart Naptime

These recipes have not been tested or standardized.