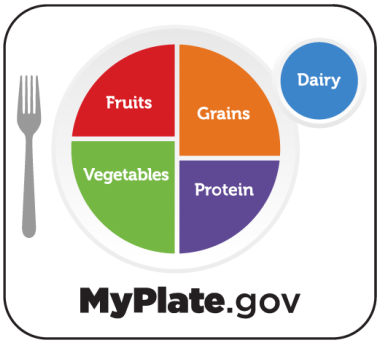

Walnuts, Pieces

MyPlate Food Group: **Protein**

USDA Foods

Nutrition Information

- 1/2 ounce of walnut pieces count as 1 ounce in the ChooseMyPlate.gov Protein group.
- 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.
- Walnut pieces supply many nutrients such as protein, fiber, B vitamins (niacin, thiamin, riboflavin, and B6), manganese, iron, zinc, copper and magnesium.

Uses and Tips

- Walnut pieces are a great addition to baked goods such as muffins, quick breads and cookies.
- Mix walnut pieces into to chicken salad or sprinkle on top of a garden salad for a flavor-packed crunch.
- Nuts are considered a choking hazard for small children, whether whole or in pieces. Be mindful of adding nuts to recipes intended for small children.

Storing Foods at Home

- Walnuts are best stored in colder temperatures. If you plan to use them right away, store in the refrigerator. If you plan to store them for a month or a longer, keep them in the freezer.
- Once opened, transfer any leftovers to an airtight container to keep them fresh.
- 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.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

USDA Foods

Fall Flavored Roasted Butternut Squash
Makes 6 servings

Ingredients
2 pounds butternut squash
3 Tablespoons oil, divided
1 teaspoon dried sage
¼ teaspoon salt
¼ teaspoon pepper
¼ cup walnuts, coarsely chopped
¼ cup dried cranberries
1 ½ Tablespoon maple syrup

Directions: *Wash hands with soap and water.*

1. Preheat oven to 375 degrees Fahrenheit. Prepare a baking sheet with foil or rub with oil.
2. Rinse and peel the squash. Cut off ends and discard. Cut squash at the neck to create a narrow end and round end. Cut round end in half and scoop out the seeds with a spoon. Cut both ends into ¾-inch sized cubes.
3. In a large bowl, toss the squash with 2 Tablespoons of oil, sage, salt and pepper.
4. Spread squash evenly on the baking sheet. Roast for 35 minutes, until tender, stirring once halfway.
5. In a small skillet over medium heat, heat the remaining Tablespoon of oil. Add the walnuts and cook for 2 minutes, until fragrant. Remove from heat and stir in the cranberries and maple syrup.
6. Gently toss the cooked squash with the walnuts, cranberries and maple syrup. Serve and enjoy!

Recipe adapted from Cooking Matters

Walnut Carrot Muffins
Makes 10 muffins

Ingredients
2 cups grated carrots (about 4-5 carrots)
¾ cup sugar
½ cup oil
½ cup applesauce
2 eggs (or equivalent dried egg mix)
1 teaspoon vanilla extract
1 ½ cups white whole wheat or all-purpose flour
1 teaspoon cinnamon
1 teaspoon baking soda
½ teaspoon baking powder
¼ teaspoon salt
½ cup walnuts, finely chopped, divided

Directions: *Wash hands with soap and water.*

1. Preheat the oven to 350 degrees Fahrenheit.
2. Prepare a muffin tin by using muffin liners, cooking spray, or rubbing with oil.
3. In a large bowl, combine the grated carrots, sugar, oil, applesauce, eggs and vanilla extract. Whisk together until smooth.
4. Add in the flour, cinnamon, baking soda, baking powder, and salt. Whisk together until fully incorporated. Fold in half of the walnuts.
5. Spoon ¼ cup of batter into each muffin well. Top with the remaining walnuts.
6. Bake for 20-22 minutes, until the tops are firm to touch and a toothpick inserted into the center comes out clean.
7. Let cool completely. Remove from the muffin tin and enjoy! Store leftovers in an airtight container in the refrigerator.

Recipe adapted from the Something Nutritious Blog

These recipes have not been tested or standardized.