

# Nuts for Health



Prepared By: Connie Bretz,  
Family and Consumer Science Agent  
Walnut Creek Extension District

*Family & Consumer*  
SCIENCES

**K-STATE**  
Research and Extension

KSU, County Extension Councils, Extension Districts and U.S Department of Agriculture Cooperating. K-State Research and Extension is an equal opportunity provider and employer.

*Knowledge  
for Life*

## Nuts For Health

Nuts are nutrient dense, meaning they pack a significant nutrient punch in relatively few calories, and they are a good source of protein. Although loaded with nutrients, the calories mainly come from fat.

Nuts can be a part of a healthy diet as long as moderation plays a part in the equation to control the amount of fat and calories you are consuming.



### Definition of Nuts:

Actually there are two definitions for a nut, one being a botanical definition and the other a culinary definition. According to the Encyclopedia Britannica, the botanical definition of a nut is “a dry hard fruit that does not split open at maturity to release its single seed.” By this definition, a hazelnut is a nut but a Brazil nut is a seed.

The culinary definition is less discriminatory by stating any large, oily kernel found within a shell and used in food is a nut. This definition of a nut includes food items that are technically seeds, such as cashews and macadamias, and even out type of fruit, coconuts. A peanut is a legume, but by the culinary definition, a peanut is a nut.

### Health Benefits of Nuts

- All nuts are a good source of “healthy” unsaturated fat, which have been shown to reduce cholesterol levels.
- Nuts contain a variety of cardio-protective nutrients like vitamin E, magnesium, copper, phosphorus, and iron.
- Nuts contain a wide range of phytochemicals-plant compounds that may help to protect against heart disease, cancer, and other chronic diseases.
- Due to their high fiber and fat content, nuts make satisfying snack, which can help with weight control.
- Nuts are high in protein and low in carbohydrates; 1-oz nuts are equal to 1-oz meat plus 1-tsp. fat.

### FDA Qualified Health Claim for Nuts

(this is an approved package label for qualified nuts) “*Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.*”

According to FDA, “Types of nuts eligible for this claim are restricted to almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachio nuts and walnuts. Types of nuts on which the health claim may be placed is restricted to those nuts that were specifically included in the health claim petition, but that do not exceed 4 grams saturated fat per 50 grams of nuts.

### Nuts-good for the body

**Brain:** Your brain is made of more than 60% structural fat, primarily omega-3 fatty acids. Nuts are one of the best plant sources of omega-3 fatty acids. Walnuts are considered an excellent source of omega-3’s with 160% in 1 ounce.

**Heart:** Nuts may reduce your risk for heart disease.

Harvard scientists found that women who ate at least 5.25 ounces of nuts each week were 35% less likely to have heart attacks than women who ate less than an ounce of nuts in a month.

Other research says that nuts are also big sources of L-arginine, which seems to help make our artery walls more flexible, which in turn makes it harder for blood clots to attach themselves there and block our arteries.

Other studies have led the US Food and Drug Administration to say that eating nuts may lower your chances of getting the blood clots that can cause a heart attack.

Many studies have now found that people who eat nuts as part of a heart-healthy diet have lower levels of LDL (bad) cholesterol.

**Digestive System:** Nuts have between 1 gram to 3.5 grams fiber per 1 ounce serving. Fiber helps keep your digestive tract healthy.

**Muscles:** Your muscles are made from amino acids, which are the building block of protein. Nuts are a good source of several of the amino acids needed to build strong, healthy muscles.

**Bones:** Calcium helps make and keep bones strong. Almonds and Brazil nuts have two of the highest calcium contents of all nuts-1 oz of almonds provides 80 mg. of calcium (8% DV) and Brazil nuts contain 45 mg. calcium (4.5% DV). Walnuts and hazelnuts also provide a fairly good amount of calcium (30mg and 35 mg respectively)

**Metabolic-Syndrome:** Researchers report that just 1 ounce of mixed nuts increased levels of serotonin, a neurotransmitter linked to mood, energy balance, metabolism and glucose levels. These changes could be especially important to people with metabolic syndrome, a complex of symptoms including obesity, hypertension and high blood sugar that can lead to diabetes and heart disease.

### **Vitamin B-1 -Thiamine**

Thiamin is highly beneficial for the nervous system and one's mental disposition. It helps maintain healthy nerves and improve memory and mental clarity.

Nuts containing thiamine: *Peanuts, Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia nuts, Pecans, Pine nuts, Pistachios, Walnuts.*

### **Vitamin B-2 - Riboflavin**

People have an increased need for Riboflavin during stressful situations and it is the most common vitamin deficiency. Its primary function is to work with other substances to metabolize carbohydrates, protein, and fats for energy. It has a profound effect on thyroid hormone production, helps in the production of immune cells to fight infection, and aids in transporting oxygen to cells in the body.

Nuts containing Vitamin B-2: *Almonds, Cashews, Hazelnuts*

### **Vitamin B-6**

One of the more important vitamins, B-6 performs over 100 valuable functions for the body. According to a government survey, only 1/3 of adults and 1/2 of women get enough B-6 in their diet. Vitamin B-6 helps convert amino acids into serotonin. It helps red blood cells, makes proteins, and manufactures brain chemicals. B-6 is believed to play a vital role in disease prevention and treatment.

Nuts containing Vitamin B-6: *Hazelnuts, Cashews, Peanuts, Pistachios, Walnuts, Black Walnuts*

## **Vitamin E**

Vitamin E is a fat soluble vitamin that is stored in the liver. It is a potent antioxidant that helps protect cell membranes from free radicals. It's benefits are enhanced when combined with selenium. It helps protect against cancer and cardiovascular disease. Vitamin E helps improve immune function and slows the aging process. A one-ounce serving of almonds provides 35% of the recommended Daily intake for Vitamin E, while a one-ounce serving of hazelnuts provide 20% and an ounce of peanuts provides 10%

Nuts containing Vitamin E: *Hazelnuts, Almonds, Peanuts, Brazil nuts*

## **Calcium**

Calcium plays an important role in signaling biochemical processes in cells, controlling muscle contractions, and building bones. Calcium is integral in maintaining skeletal strength and providing structure to bones and teeth. It also plays a crucial role in the transmission of nerve impulses, muscle fiber contractions, and coagulation of blood. It is also essential to help heal wounds and maintain healthy cell membranes.

Nuts containing calcium: *Almonds*

## **Copper**

Copper is found in many body enzymes. It is also essential in making hemoglobin in red blood cells. Cashews and pistachios are excellent sources of copper, providing at least 20% of the Recommended Daily Intake per one-ounce serving.

Nuts containing copper: *Cashews, Pistachios, Almonds, Hazelnuts, Macadamias, Brazil nuts, Chestnuts, Peanuts, Pecans, Pine nuts, Walnuts*

## **Magnesium**

Magnesium is one of the most important anti-aging minerals and aids in the absorption of calcium and vitamin C in the body. It helps convert blood sugar into energy and helps to regulate nerve and muscle functions. Almonds, Brazil nuts and cashews are excellent sources of magnesium, with a one-ounce serving providing at least 20% of the Recommended Daily Intake. One-ounce of peanuts, hazelnuts, pecans and walnuts are also a good source, providing 10% of the Recommended Daily Intake.

Nuts containing magnesium: *Peanuts, Almonds, Cashews, Walnuts, Brazil nuts, Macadamia nuts, Pecans, Pine nuts, Pistachios, Walnuts, Black Walnuts*

## **Potassium**

Potassium is considered an electrolyte. It assists in muscle contractions and helps maintain the appropriate levels of fluid along with the proper electrolyte balance in cells. It is very important in maintaining a normal heartbeat and heart rhythm.

Nuts containing potassium: *Pistachios*

## **Phosphorus**

The main use of phosphorus in the body is to aid in the strengthening of bones and teeth. It is involved in almost all physiological chemical reactions in the body.

Nuts containing phosphorus: *Peanuts*

## **Selenium**

Selenium is a mineral and important nutrient that helps to fight disease like heart disease and cancer. Selenium works best when paired with Vitamin E. Selenium is an antioxidant that helps slow down aging by oxidation.

Nuts containing selenium: *Brazil nuts, Cashews, Black Walnuts*



## Zinc

Zinc helps maintain a strong immune system to fight colds and flu, helps to heal wounds, fuels DNA production, and helps create the proper function of the male reproduction system.

Nuts containing zinc: *Peanuts, Pecans, Cashews, Pine nuts, Walnuts, Black Walnuts*

## Iron

Iron is one of the most essential minerals needed. It is present in every cell in the body and is needed for the production of hemoglobin. Deficiencies in iron are common in women. Iron is very important to many immune system functions.

Nuts containing iron: *Cashews, Hazelnuts, Macadamia nuts, Pine nuts, Pistachios, Walnuts, Black Walnuts*

## Omega - 3

Omega-3 is the name given to a group of polyunsaturated fatty acids. Omega-3 is comprised of 3 fatty acids ALA, EPA, and DHA. Scientists have concluded that the best source of these fatty acids is from food. Omega-3 fatty acids play an integral role in cardiovascular health and those who have cardiovascular disease. Omega-3's have been shown to help lower triglycerides, slightly lower blood pressure, and decrease the growth of plaque in the heart arteries.

Nuts containing Omega-3's: *Walnuts, Black Walnuts*

## Vitamin K

Vitamin K is found in plants and is produced in the body in the intestines. Vitamin K is used to help control blood clotting and aids the protein found in the liver that controls the clotting. Vitamin K also plays a role in bone formation and repair. In the intestines, it helps assist in converting glucose to glycogen.

Nuts containing Vitamin K: *Cashews*

## Manganese

Manganese is an antioxidant nutrient that is important in the breakdown of amino acids and the production of energy. It is essential for the metabolism of Vitamins B-1 and E. It is also a catalyst in the breakdown of fats and cholesterol.

Nuts containing manganese: *Almonds, Brazil nuts, Hazelnuts, Peanuts, Pine nuts, Pistachios, Walnuts, Black walnuts*

## The Highs and Lows of Nuts:

This chart shows the highest and lowest content of key nutrients in a 1 oz. serving.

	Highest	Lowest
<b>Calories</b>	Macadamia nuts (204)	Cashews (157)
<b>Total Fat</b>	Macadamia nuts (21.5 g)	Cashews (12.5 g)
<b>Saturated Fat</b>	Brazil nuts (4.5 g)	Almonds (1 g)
<b>Monounsaturated Fat</b>	Macadamia nuts (17g)	Walnuts (2.5 g)
<b>Polyunsaturated Fat</b>	Walnuts (13.5 g)	Macadamia nuts (0.5 g)
<b>Fiber</b>	Almonds (3.35 g)	Brazil nuts and Pine nuts (1 g)
<b>Protein</b>	Peanuts (7.5 g)	Macadamia nuts (2 g)

	Amount	Calories	Protein (g)	Fiber (g)	Total Fat (g)	Sat. Fat (g)	Mono Fat (g)	Polysaturated Fat (g)	Potassium (mg)
<b>Nuts - 1oz</b>									
Almonds	23 whole	163	6.02	3.50	14.0	1.0	9.0	3.5	200
Brazil Nuts	6 whole	186	4.06	2.10	19.0	4.5	7.0	6.0	187
Cashews	18	157	5.17	0.94	12.5	2.0	7.0	2.0	187
Chestnuts	10	206	2.66	4.30					497
Hazelnuts	21	178	4.24	2.70	17.0	1.5	13.0	2.5	193
Macadamia Nuts	10 to 12	204	2.24	2.40	21.5	3.5	16.5	0.5	104
Peanuts	28	166	6.71	2.30	14.0	2.0	7.0	4.5	187
Pecans	19 halves	196	2.60	2.70	20.5	2.0	11.5	6.0	116
Pine Nuts	167	191	3.88	1.00	19.5	1.5	5.5	9.5	169
Pistachios	49	162	6.05	2.90	13.0	1.5	7.0	4.0	295
Walnuts	14 halves	185	4.32	1.90	18.5	1.5	2.5	13.5	125

	Phosphorus (mg)	Calcium (mg)	Magnesium (mg)	Iron (mg)	Selenium (mcg)	Zinc (mg)	Manganese (mg)	Copper (mg)	Vit. B1 (mg)
<b>Nuts - 1oz</b>									
Almonds	137	75	76	1.05	0.7	0.87	0.648	0.282	0.060
Brazil Nuts	206	45	107	0.69	543.5	1.15	0.346	0.494	0.175
Cashews	168	10	83	1.89	5.6	1.64	0.469	0.622	0.120
Chestnuts	90	24	28	0.76	1.0	0.48	0.991	0.426	0.204
Hazelnuts	82	32	46	1.33	0.7	0.69	1.751	0.489	0.182
Macadamia Nuts	53	24	37	1.05	1.0	0.37	1.171	0.214	0.339
Peanuts	101	15	50	0.64	2.1	0.94	0.591	0.190	0.124
Pecans	79	20	34	0.72	1.1	1.28	1.276	0.340	0.187
Pine Nuts	163	5	71	1.57	0.2	1.83	2.490	0.375	
Pistachios	137	31	34	1.19	2.6	0.65	0.361	0.376	0.238
Walnuts	98	28	0.97	0.82	1.4	0.88	0.968	0.450	0.097

	Vit. B2 (mg)	Niacin (mg)	Folate (mcg)	Vit. B6 (mg)	Vit. E (mg)	Vit. K (mcg)	Health Benefits
<b>Nuts - 1oz</b>							
Almonds	0.287	0.960	14	0.041	7.43		Heart, digestive tract, weight mgmt
Brazil Nuts	0.010	0.084	6	0.029	1.62		Heart, prostate
Cashews	0.016	0.301	7	0.118	0.26	9.7	Heart, weight mgmt
Chestnuts	0.147	1.127	59	0.417	0.42	6.6	
Hazelnuts	0.032	0.051	32	0.160	4.26	4.0	Heart, anti-oxidants
Macadamia Nuts	0.046	0.701	3	0.078	0.15		Heart
Peanuts	0.028	3.834	41	0.073	1.96		Heart
Pecans	0.010	0.331	6	0.060	0.40	1.0	Heart, breast, brain, prostate, weight mgmt
Pine Nuts							Heart
Pistachios	0.045	0.404	14	0.361	0.55	3.7	Heart, weight mgmt
Walnuts	0.043	0.319	28	0.152	0.20	0.8	Heart, bone, glucose control, weight mgmt

## Tips for Enjoying Nuts

Watch portions: Nuts are high in calories and fat, so make sure you are not overindulging 1 serving of nuts weights 1 ounce. This will fit into the palm of your hand with your fingers closed. 1 1/2 oz is about 1/3 cup or about 250 calories and 20 grams fat depending on the type of nut.

Nuts on a budget: Buying nuts in bulk can help keep the overall cost down. Nuts also tend to be cheaper if they remain in the shell.

Storage: Nuts keep twice as long if they are in the shelled versions. Pecan, peanuts, and walnuts are more susceptible to becoming rancid than other nuts. Almonds and cashews are less susceptible to go “bad” quickly. If you want to extend the life of nuts, follow these guidelines:

- Store nuts in sealed plastic or glass container.
- Keep nuts in a dark, cool and dry location like your freezer or refrigerator.
- Nuts last about 4 months in the refrigerator and 8 months in the freezer.

## Nuts are Not Just for Snacking

Here are some ideas on how to include nuts in your daily routine.



### Breakfast:

- Top your favorite yogurt with a handful of chopped nuts
- Stir 1 oz of slivered almonds into a bowl of oatmeal
- Make your own granola with nuts



### Lunch:

- Drizzle 1 tablespoon of walnut oil on a spinach salad
- Mix 1/4 cup of chopped macadamia nuts into a fruit salad
- Spread 1 tablespoon of nut butter on whole wheat bread



### Dinner:

- Sprinkle a handful of cashews on a serving of vegetable stir-fry
- Include 1/4 cup of pine nuts in a vegetable soup
- Add 1 oz. of pecans to a pasta dish



### Snack:

- Mix 1/4 cup of nuts with a 1/4 cup of dried fruit

### Dessert:

- Sprinkle 1/2 cup of chopped pistachios on your frozen yogurt
- Add 1 oz of chopped hazelnuts to a low fat pudding

### More Tips about using Nuts

- Bring out extra flavor in nuts by toasting them in the oven at 350 degrees or about 5-10 minutes.
- Try spreading your favorite nut butter on a toasted English muffin sprinkled with cinnamon and topped with a sliced banana for a satisfying breakfast treat.
- Make a quick-and-tasty salad by tossing together sliced pears, baby spinach, blue cheese crumbles, and toasted walnuts. Top it off with low-fat balsamic vinaigrette.
- Divide nuts into 1 1/2 oz servings and store in individual bags for better portion control.
- Combine lemon zest, chopped parsley, and ground almonds or pecans to make a refreshing bread-ing for baked or sautéed salmon fillets.
- To peel the skins off hazelnut, lightly toast them in the oven. While they're still warm, roll them between a folded kitchen towel.
- Toasted, chopped macadamia nuts or hazelnuts make a great topping for low-fat chocolate ice cream or frozen yogurt.
- To keep nuts fresh, store them in an airtight container in the fridge for up to 6 months or in the freezer for up to 1 year.
- Add toasted cashews, peanuts, or almonds to steamed vegetables or stir-fry recipes.
- Add a small handful of nuts to your favorite yogurt, granola, or breakfast cereal.



### Types of Nuts

---

#### Almonds

Unlike other flowering fruit trees that bear edible fruit, the almond tree's kernel is the delicious nut found inside the fruit. Almonds develop within a shell that is surrounded by a hull, similar to the fleshy part of a peach. The almond hull protects the nuts from environmental conditions. When reaching maturity, the hull splits open. If dried, the nut can be easily separated from the shell.

Almonds are believed to have originated in China and Central Asia. Today 80% of the world's supply of almonds comes from California.

Almonds are grouped into primary categories: sweet and bitter. There are of course some varieties that fall in between but the sweet and bitter are the primary kinds used.

The sweet almond is grown for its edible nuts. Bitter almonds are used mostly for cooking and cosmetics. The bitter oil is used as a flavoring in foods and as an ingredient in many cosmetic skin preparations.

Sweet almonds are also used for smoked almonds.

- A one-and-a-half ounce handful of almonds is leading source of vitamin E and magnesium and offers protein, fiber, potassium, calcium, phosphorus and iron. Almonds are also a leading source of monounsaturated fat among America's most consumed nuts. Of the 14 grams of total fat found in one ounce of almonds, about 64% is monounsaturated. This "good" fat plays a role in helping almonds lower harmful cholesterol just as effectively as expensive drugs, according to a recent study published by the American Heart Association.
- A quarter cup of almonds contains nearly 25% of your needed daily value of magnesium.
- A quarter cup of almonds has almost as much calcium as a quarter cup of milk.



---

## Brazil Nuts

Brazil nuts, formerly known as *cream nuts* and *Para nuts*, are the large extremely hard-shelled seeds of the Brazil nut tree.



The Brazil tree is a beautiful giant evergreen tree that grows in the Amazon forests of South America. The tree produces large fruits that resemble coconuts. Inside the fragile outer shell of the fruit is a tough and fibrous inner shell about 1/4 of an inch thick, which contains about 12-24 Brazil nuts closely packed together. When the large fruits ripen they fall off the ground.

Almost all Brazil nuts come from wild trees scattered throughout the Amazon basin in a huge area over a million and a quarter square miles. They cover about 40% of Brazil as well as parts of five other neighboring countries. While most of the Brazil nut production comes from Brazil there is production in Bolivia, Peru, Columbia, Guianas and Venezuela.

A mature tree can produce between 200-250 pounds of unshelled nuts a year. Nuts are harvested from an estimated 250,000 to 400,000 trees each year. However, there are hundreds of out of sight trees from which nuts are never collected. So thousands of tons of Brazil nuts are not harvested by man, but just fall to the floor of the jungle to be consumed by monkeys or other animals. There have been efforts to establish Brazil nut plantations, but the results have been unsuccessful at best.

The Brazil nut has always been an important crop to the Amazon region dating back to the early 1800's. It wasn't until 1910 that they became a vital crop after the rubber market collapsed.

- Shelling of Brazil nuts is much easier than harder-shelled nuts such as macadamia nuts.
- Today, the very nutritious Brazil nuts are eaten raw, roasted, salted, in ice cream and in bakery confections. They remain an important ingredient in shelled nut mixtures.
- Brazil nuts have about 2,500 times as much selenium as any other nut, making them one of the health nuts of choice. Selenium is a powerful antioxidant which has been proven to protect against heart disease and cancers like prostate cancer.
- Brazil nuts high selenium content also discourages the aging process and stimulates the immune system. In a study of patients with early Alzheimer's disease, antioxidants-including selenium-boosted mood and mental performance.
- Like all nuts, Brazil nuts are an excellent source of protein and fiber.
- A study at the University of Illinois found that the high amounts of selenium in Brazil nuts may help prevent breast cancer.



---

## Cashews

Cashew trees flourish in the extreme heat of the tropics. They are believed to have originated northeast of Brazil, near the Equator. It is likely that Spanish sailors first introduced the cashew to Central America in the 16th century.

Later, Portuguese colonist brought cashews to territories in East Africa and India, where its cultivation extended to Indonesia and the Philippines.

The cashew is peculiar and versatile. It produces not only an edible nut but also a nutritive, edible “apple” and valuable nut shell oil. The cashew fruit consists of two distinct parts:



- The first part is the fleshy, pear-shaped stalk, known as the cashew apple which is juicy, thick-skinned, brilliant yellow, red, or scarlet color, and about 2 to 4 1/2 inches long. The cashew fruit actually looks more like a pear than an apple and in many regions of Brazil the cashew apple is referred to as the “pera”.
- The second part is the grayish-brown, kidney-shaped nut which is about 1 to 1 1/2 inches long. It is attached to the lower end of the apple. Cashew nuts are the true fruit, while the cashew apple, about 8-10 times as heavy as the nut, is the swollen stalk, which supports the flower.

The cashew nut shell is smooth, oily and about 1/8 inch thick. It contains the cashew nut. Cashew nuts have been called the poor man’s crop but a rich man’s food. The World Bank has estimated that at least 97% of world cashew production comes from wild growth and small peasant holdings. At most, planned plantations supply 3%. Today, the principal producing countries are India, Brazil, Vietnam, and Mozambique.

- Approximately 60% of cashew kernels are consumed as salted nuts. High priced cashews represent essentially a luxury product for high income groups.
- In the snack market, cashews must compete with lower priced peanuts as well as chips, popcorn and confectionary items.
- Cashews are more widely used in confectionery nut candies and chocolate bars than in bakery products.
- Cashews have become one of the most popular dessert nuts behind almonds.
- They are delicious in their natural state, or in a variety of candied varieties including chocolate covered and honey roasted cashews.
- Cashews have a smaller fat content than most nuts, with roughly 75% consisting of unsaturated fatty acids.
- About 75% of this unsaturated fatty acid content is oleic acid, which is the same monounsaturated fat found in olive oil. Just a quarter cup of cashews supplies over 37% of your daily recommended value for monounsaturated fat.



---

## Hazelnuts

Hazelnuts also known as *filberts* and *cobnuts* grow on the hazelnut tree in temperate zones around the world. The outer husk opens as the nut ripens, revealing a hard, smooth hazel colored shell. Depending on the area of the world, they are either hand-picked or mechanically harvested.

One of the oldest agricultural crops, hazelnuts are believed to have originated in Asia and then moved into Europe. They were taken to the US by Europeans in the 1850’s.

There are two species of filberts indigenous to North America. The American filbert which is primarily located in the East and the beaked filbert located in the Pacific Northwest. Both are small, hardy, shrubby trees or bushes.

The European filbert is the source of most of the nuts produced commercially and has been utilized in planting stock in develop extensive orchards in Oregon and Washington.

Today, filberts are produced commercially in only four limited geographical regions of the world. Where the winters are mild, the springs are rather warm, the summers cool, and late freezes are rare. In each location, nearby bodies of water help to moderate the climate.

Approximately 70% of the world's filbert production comes from the small Turkish farms bordering the southern coast of the Black Sea. Another 20% originates in the coastal regions of Italy, 7% in Spain's Mediterranean coastal areas, and the remaining 3% is produced in coastal valleys of Oregon and Washington.

Harvesting of filberts in Oregon commences toward the end of September or in early October after the filberts drop to the ground. The filberts grown in Oregon and Washington are larger than those grown in Europe. There is a steady growing demand for these giant and jumbo sized filberts.

- Hazelnuts can be eaten whole, ground, flaked or made into butter or oil.
- Hazelnuts contain nearly 91% monounsaturated fat and less than 4% saturated fat. They also contribute significant amounts of protein, fiber, iron, phosphorus, vitamins B1, B2, C and E, folate and many other essential nutrients.
- Over 30 tree nut studies indicate this high level of monounsaturated fat is likely responsible for reduction in both total blood and LDL cholesterol levels when hazelnuts are consumed as part of a low saturated fat diet.



### **Macadamia Nuts**

The macadamia nut is an evergreen tree native to the Australian rainforest and named for the Scottish-born chemist who first cultivated it, John McAdam. It is the only native Australian plant ever developed as a commercial food crop.

The first commercial macadamia nut orchard was established in Australia in 1888.

Macadamia nut trees were introduced to Hawaii in 1882 where they were cultivated on many commercial farms. Today, Hawaii is the largest producer in the world of Macadamia nuts, followed by Australia. Demand for this nut is greater than the supply.

In the continental United States, California is the only state that has been successful in growing macadamia on a scale approaching commercial. The tree requires at least 50 inches of well distributed rainfall each year.

Bulk macadamia nuts are typically hard to buy still in the shell. That is because they are one of the hardest nuts to crack. Using a conventional nut cracker is nearly impossible. This extremely hard shell also plays a part in the high cost of macadamia nuts. It is extremely difficult to crack open the shell without breaking the nut inside.

Commercially the nuts are dehydrated in drying ovens and then the nuts are cracked between stainless steel drums as the kernels are separated from the hard shell by a combination of sieving and air blasting

The macadamia nut is regarded as one of the world's premium edible nuts, ranking with pine nuts as one of the most delicious and expensive nuts.

- Macadamia nuts are high in monounsaturated fatty acid (good fat), which can help reduce overall cholesterol levels. 80% of the fat in macadamia oil is monounsaturated - six points higher than olive oil, which checks in at 74%

- Macadamia nuts contain flavanoids (a phytochemical) and tocopherols (Vitamin E), which are potent antioxidants and can help protect against cancer and heart disease
- The macadamia nut is one of the few foods that contain palmitoleic acid, a monounsaturated fatty acid. Studies suggest that palmitoleic acid may actually aid in fat metabolism, possibly reducing stored body fat
- Macadamia nuts also contain Omega-3, which can help reduce the risk of heart disease and high blood pressure.



## Peanuts

Peanuts are one of the most well-known and popular nuts around. However, peanuts are really a legume and not a nut. Due to the popular usage it is generally considered to be a nut.

The peanut is native to South America.

Before the Civil War, peanuts were known throughout the South as groundnuts, groundpeas, pindars, goobers and goober peas. Dealers of other edible nuts suggested that peanuts were lowly food fit only for the poor. However, that could be further from the truth. During the Civil War military campaign in Eastern Virginia where the crop was being cultivated, thousands of soldiers from both sides and all parts of the country tasted peanuts for the first time and to know and appreciate them.

After the Civil War, returning soldiers brought back peanuts to places where the nuts had previously been unknown, thus creating demand. Within the next five years, peanut production in the United States increased 200%. Around 1870 the famous showman, Phineas T Barnum, introduced peanuts to New York City through his circus. By the end of the 19th century, they would be eating it as a snack throughout the country, sold fresh-roasted by street vendors as well as at baseball games and circuses. Peanuts were consumed in the cheap seats of theatre balconies, which became known as “peanut galleries”.

Around 1920, farmers in the southern states were forced to find another cash crop to take the place of cotton as the boll weevil had damaged the cotton crop to the extent that cotton was no longer profitable.

George Washington Carver, an American botanist, was a pioneer in peanut research. Born a slave on a Missouri farm, he worked his way through school and college, earning a master’s degree in agriculture from Iowa State, where he became the first black faculty member.

In 1896 he accepted an invitation to come to Tuskegee Institute as head of the new Department of Agriculture. For 47 years, Carver taught, wrote and worked in his Tuskegee laboratory where he developed over 300 products from peanuts, peanut shells, and peanut foliage, ranging from cheese and mayonnaise to shaving cream, soap, dyes, wallboard and plastics. He was able to serve an entire dinner in which all food was made from peanuts, including soup, meat, vegetables, milk, ice cream and coffee.

He taught farmers in the South how to increase their peanut production and grow better peanuts, while he encouraged farmers to plant hardy peanuts instead of cotton.

Today, there are 3 main types of peanuts grown in the United States: Virginias, Runners (which have red skins), and Spanish (which have tan skins).

The Virginia kernel, grown mostly in Virginia, Carolina region, is the largest and, when shelled, is in demand as cocktail nuts and salted peanuts.

The medium size Runners and small Spanish peanuts are utilized in the peanut candies, peanut butter and peanut oil.

The Southeast grows mainly Runners, while the Southwest produces roughly two-thirds Spanish and one-third Runners. A small amount of another type of peanut called Valencia, in demand for roasting in the shell is produced in New Mexico.

India is by far the world's largest producer of peanuts, followed by main land China. United States follows in 3rd place.

In the United States, the major use for peanuts is for peanut butter followed by salted and shelled. They contain about 26% protein, which is higher than dairy products, eggs, fish, and many cuts of meat. They are the most widely consumer "nut" in the U.S.

- A study published in the American Journal of Clinical Nutrition showed that diets higher in monounsaturated fats from peanuts and peanut butter reduces the risk of cardiovascular disease by 21% compared to the average American Diet, whereas a low-fat diet reduced the risk by only 12%
- A diet containing peanuts and peanut butter is a good source of protein and helps to include more of the "Good Fat" and both naturally have zero cholesterol



## Pecans

Pecans are undoubtedly the most important nut trees native to North America. Pecans are indigenous to a wide geographical area including: Texas, Oklahoma, Louisiana, Mississippi, Arkansas, Missouri, Kansas, Kentucky, Tennessee, Illinois, Indiana, Nebraska, Iowa and New Mexico as far south as Oaxaca.

For North American Indian tribes in the south central region of the United States, especially in the Mississippi Valley, the pecan served as a dietary staple long before the arrival of Europeans. Later they traded pecans to the settlers for furs, trinkets and tobacco. Before the early 16th century, no European had ever seen a pecan nut.

Texas was blessed with more native pecan trees than any other state, possibly as many as 75 million growing wild, mostly near the state's many watercourses. The pecan is the official state tree for Texas.

Two famous people partial to pecans were George Washington, who frequently carried them in his pockets and Thomas Jefferson, who dedicated part of his time to their cultivation.

Today, the largest commercial producing states are Georgia and Texas, Alabama, New Mexico and Louisiana.

The pecan tree is very long lived; some native trees in the Southeast are known to be over 1,000 years old.

Pecans have a smooth shell and the kernel make up to 40-60% of the in-shell.

- Pecans are used in bakery, confectionery and dairy industry, in chocolate and ice creams.
- Pecans are added to cereals, breads, pastries and cookies, and are great in salads, main dishes, as toppings on desserts and as a snack.
- The wood of the pecan tree is highly appreciated for its timber and is often used as decorative paneling.
- The plant sterols in pecans help battle heart disease by lowering blood cholesterol levels.
- Pecans can also lower triglyceride levels and the zinc in pecans helps guard against infections, Vitamin E protects against cancer, and Vitamin A helps keep your complexion clear.





## Pine Nuts

The pine family is one of the most familiar groups of evergreen trees in North America since it furnishes most of our traditional Christmas Trees, provides a strong softwood timber as well as an important source of turpentine and rosin.

Less known is the fact that some members of the pine family also bear edible seeds, commonly referred to as nuts. Worldwide, approximately 100 species of true pines are recognized; of these about a dozen in the Northern Hemisphere produce nuts of sufficiently high quality and desirable flavor to make them worth gathering.

Once appreciated by the Greeks and Romans, the pine kernel, or pine nut, is an edible nut with an exquisite flavor and high protein content. The Roman Legions carried pine nuts as provisions, and all over Europe it is used as a culinary ingredient in the preparation of meat, fish and vegetable dishes, as well as in the confectionery industry in chocolates and other delicacies. They may also be eaten out of hand, raw or roasted.

The pine nut is also called *Indian nut*, *pinon*, *pinoli* and *pignolia*.

The most common designation for nuts in Europe is “pignolia”, a term which refers to pine nuts of the Italian stone pine, grown for the most part in Spain, Portugal, Italy, and North Africa.

Nuts of a different species called “pinion”, a name derived from the Spanish word for pine nut, are produced in the western United States. These pinion nuts come mainly from the Colorado pinon tree, a two-needled pine which grows wild in the states in Colorado, New Mexico, Arizona, and Utah.

Different varieties of pine nuts are also grown in Russia, Korea, China and Japan. In these other countries the pine nut is an important food locally, but is not commercially important.

China is one of the leading exporters of pine nuts. There are two main varieties of pine nuts. The Mediterranean or Italian pine nut is from the stone pine. It has a light delicate flavor and is the more expensive of the two. It is torpedo-shaped. The stronger flavored Chinese pine nut has a pungent flavor and can easily overpower some foods. It is shaped like a squat triangle.

During harvest, the cones of the tree are shaken to remove the kernel. Once removed, they are dried further before being processed in a milling station to remove the kernel from its hard outer shell. The kernels and shells are separated by sifting; the thin skin which still covers the kernel, is then removed.

- The best thing about pine nuts is their high concentration of monounsaturated fat, which paves the way for a healthier cardiovascular system.
- The vitamin D in pine nuts leads to stronger bones and teeth, by improving the body’s ability to absorb calcium. The Vitamins A and C may sharpen vision and boost the immune system.

## Pistachios

With an antiquity of around 9,000 years, the pistachio is one of the oldest edible nuts on earth. The pistachio nut originated from the Middle Eastern countries of Iran, Syria and Greece. The fruit of the pistachio differs from all other nuts because of its characteristic green color and the semi-opening of the shell, which in Iran is called the “smiling pistachio” and in China the “happy nut”. In general, the deeper the shade of green, the more the nuts are esteemed.



Pistachios are mentioned in the Old Testament of the Bible. The only other nut mentioned in the Bible is almonds.

The pistachio is the only edible nut that does not need to be shelled for roasting and salting, serving as its own natural “wrapping” for easy consumption. Both a male and female pistachio tree are required to produce edible nuts. Pistachios are pollinated by wind, and therefore do not require bees.



The pistachio nut grows in clusters, resembling grapes. When conditions are favorable, the shells split open just prior to harvest.

Pistachios are cultivated in California, Arizona, New Mexico, Iran, Turkey, Greece, Syria and Italy. California produces 98.5% of the nation’s pistachios. Iran is the world’s top producer followed by the U.S.

During harvest, the shells are often stained and blemished. Unless camouflaged, the pistachios appear unappetizing. United States importers sometimes employ a non-toxic red vegetable dye to give the nuts visual appeal and to make the nuts stand out in vending machines. The red color serves another purpose as well, since it appeals to consumers who are used to it and demand it. In California, however, pistachios are mechanically hulled and dried and most are not colored and left in the unblemished, natural state.

When ripe, the pistachio tree is shaken and the nuts fall to the ground to be harvested. Following harvest, the nuts must be hulled and dried within 24 hours to maintain their high quality and unblemished appearance.



- Pistachios are mainly used as a snack, although because of their rich, buttery taste, they’re perfect in salads, desserts, pasta and main dishes.
- A one-ounce serving of pistachios is 49 nuts - more nuts per serving than any other nut and contains more than 10% of the Daily Value for dietary fiber, vitamin B-6, thiamin, phosphorus and copper.
- You get more fiber from a serving of pistachios than a 1/2 cup of broccoli or spinach.
- Pistachios are especially rich in phytosterols, which are directly associated with lowering cholesterol levels, and may offer protection from certain types of cancer.
- A serving of pistachios has as much thiamine as a 1/2 cup serving of cooked rice, and as much potassium as half a large banana.
- The amount of vitamin B-6 in a one-ounce serving of pistachios is comparable to a standard three-ounce serving of pork or chicken.
- Pistachios are a very high quality plant source of protein, providing adequate and balanced amounts of essential amino acids. In addition, pistachios are relatively high in a nonessential amino acid, arginine, which may play a potential role in prevention or reductions of cardiovascular disease.
- While pistachios contain fat, the fat is predominantly monounsaturated, similar to that found in olive oil.



## Walnuts

There are about 15 different varieties of the walnut family. They are indigenous to East Asia, southeastern Europe and North and South America. All walnuts are edible but the English Walnut is known as the most delicious and certainly the most important.

Walnuts are the oldest tree food known to man, dating back to 7000 B.C. Early history indicates that English walnuts came from ancient Persia (called Persian Walnuts), where they were reserved for royalty. As English merchant marines transported the product for trade to ports around the world, they became known as “English Walnuts”.

The walnut was first cultivated in California by the Franciscan Fathers in the late 1700’s. Unlike today’s walnuts, these first entries were small with hard shells. Today, the Central Valley of California is the prime walnut growing region. California Walnuts account for 99% of the commercial U.S. supply and three-quarters of world trade. The United States is the world’s leading walnut producer and exporter. California produces English walnuts.

The eastern black walnut is native to the eastern United States. Black walnuts are harvested from wild trees. The black walnut has a thick, hard, black shell, smaller in size, more circular in outer shape and with a somewhat stronger flavor than that of the Persian Walnut. Black walnuts are used for candies, cakes, and ice cream. Due to the scarcity and trouble cracking the shells they are priced higher than English Walnuts.

Since they have a bold, robust flavor, black walnuts are used mostly in baked goods, ice cream, and confections rather than for snacking.

- Walnuts are low in saturated fat and high in both polyunsaturated and mono-unsaturated fat.
- Walnuts are an excellent source of omega-3 and omega-6 fatty acids, particularly when bought in their shells and eaten when fresh. 1.5 oz of walnuts provides the daily requirement of essential omega-3 fatty acids. Among tree nuts, walnuts are distinctive because of their concentration of omega-3 fatty acids.
- Research has found that eating regular amounts of walnuts reduces bad cholesterol (LDL) in the blood.
- Eating a handful of walnuts a day can lower blood cholesterol.
- Walnuts are a natural source of phytochemicals and antioxidants which protect cells from free radical damage that could result in cancers or heart disease.

References: Nuts.com, Nut growers associations, SuperMarket Savvy, Web MD, Foodland Health Communications

## Fruit "n" Nut Spread

1 package (8 ounces) cream cheese, softened      1/2 cup chopped pecans  
 1/4 cup orange juice      assorted crackers or breads  
 1/2 cup dried cranberries

In a small bowl, beat cream cheese and orange juice until smooth. Fold in cranberries and pecans. Cover and refrigerate for at least 30 minutes. Serve with crackers or breads.

Servings: 12

### Cooking Times

Preparation Time: 10 minutes

### Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	118
	% Daily Value
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 21mg	<b>7%</b>
<b>Sodium</b> 56mg	<b>2%</b>
<b>Total Carbohydrates</b> 6g	<b>2%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 2g	<b>4%</b>

### Source

Source: Taste of Home

## Apple, Blue Cheese and Walnut Salad

	<b>Dressing</b>	1/4 to 1/2	teaspoon	celery seed
1/2	cup			<b>Salad</b>
6	tablespoons			bunch romaine lettuce, torn into bite-size pieces (about 10 cups)
2	tablespoons	1	large	(6 oz) fresh baby spinach leaves
1	tablespoon	1	bag	crumbled blue or Gorgonzola cheese (4 oz)
1/2	teaspoon	1	cup	walnut halves, toasted
1/2	teaspoon	2	red	apples, cut into bite-size pieces

- In medium bowl, mix all dressing ingredients with wire whisk until sugar is dissolved (dressing will be thick). Set aside.
- In very large bowl, mix salad ingredients. Pour dressing over salad; toss to coat. Serve immediately.

Servings: 10

### Cooking Times

Preparation Time: 25 minutes

Total Time: 25 minutes

### Nutrition Facts

Serving size: 1/10 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	263
	% Daily Value
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 4g	<b>20%</b>

<b>Sodium</b> 294mg	<b>12%</b>
<b>Total Carbohydrates</b> 16.5g	<b>6%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 5g	<b>10%</b>

## Tips

Apples that have a bit of tartness are perfect in this salad because the dressing is sweet.

## Source

Source: Betty Crocker

## Cranberry Nut Bark

1 pound white candy coating, coarsely chopped      1 cup coarsely chopped macadamia nuts or pistachios, toasted  
 1 cup dried cranberries

- 1 In a large microwave-safe bowl, melt candy coating at 70% power for 1 minute; stir. Microwave at 30-second intervals, stirring until smooth. Stir in cranberries and nuts.
- 2 Spread onto waxed paper-lined baking sheet. Refrigerate for 20 minutes. Break into small pieces; store in airtight containers.

Servings: 14

## Cooking Times

Total Time: 30 minutes

## Nutrition Facts

Serving size: 1/14 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	250
	% Daily Value
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 9g	<b>45%</b>
<b>Sodium</b> 37mg	<b>2%</b>
<b>Total Carbohydrates</b> 33g	<b>11%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 2g	<b>4%</b>

## Source

Source: Taste of Home

## Maple Nut Coffee Cake

	<b>Ingredients</b>		
1 package	(16 ounces) hot roll mix	1/2 cup	sugar
3 tablespoons	sugar	1 teaspoon	ground cinnamon
3/4 cup	warm water (120° to 130°)	1/2 teaspoon	maple flavoring
1	egg	1/3 cup	chopped walnuts
1 teaspoon	maple flavoring		<b>Glaze</b>
1/2 cup	butter, melted, divided	1 1/2 cups	confectioner's sugar
	<b>Filling</b>	1/4 teaspoon	maple flavoring
		1-2 tablespoons	milk

- 1 In a large bowl, combine the contents of the roll mix and yeast packets with the sugar. Stir in water, egg, maple flavoring and 6 tablespoons butter; mix well.
- 2 Turn onto a floured surface; knead until smooth and elastic, 2-3 minutes. Place in a greased bowl; turn once to grease top. Cover and let rise in a warm place until doubled, 45-60 minutes.



- Punch dough down. Turn onto a lightly floured surface; divide into thirds. Roll one portion into a 12-inch circle; transfer to a greased 12 inch pizza pan. Brush with some of the remaining butter. Combine sugar, cinnamon and maple flavoring. Add nuts; set aside. Divide dough into thirds. On a lightly floured surface, roll out one portion to a 12 inch circle; place on a greased 12 inch pizza pan. Brush with some of the remaining butter. Sprinkle with a third of the filling. Repeat with remaining dough, butter and filling.
- Pinch dough around outer edge to seal. Place a small glass in center. Cut from outside edge just to the 2 inch circle, forming 16 wedges. Twist each wedge five to six times. Cover and let rise until doubled, 30-45 minutes.
- Bake at 375° for 20-25 minutes or until golden brown. Remove from pan to a wire rack to cool. Combine glaze ingredients; drizzle over warm coffee cake.

Servings: 16

### Cooking Times

Preparation Time: 35 minutes

Cooking Time: 20 minutes

Total Time: 55 minutes

### Nutrition Facts

Serving size: 1/16 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	255
	% Daily Value
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 29mg	<b>10%</b>
<b>Sodium</b> 251mg	<b>10%</b>
<b>Total Carbohydrates</b> 40g	<b>13%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 4g	<b>8%</b>

### Source

Source: Taste of Home

## Cinnamon Nut Cake

- |       |         |                                |       |           |                        |
|-------|---------|--------------------------------|-------|-----------|------------------------|
| 1     | package | (18-1/4-ounce) yellow cake mix | 1 1/4 | cups      | finely chopped walnuts |
| 3     |         | eggs                           | 7 1/2 | teaspoons | sugar                  |
| 1 1/3 | cups    | water                          | 4 1/2 | teaspoons | ground cinnamon        |
| 1/4   | cup     | canola oil                     |       |           |                        |

- In a large bowl, combine the cake mix, eggs, water and oil. Beat on medium speed for 2 minutes. Combine walnuts, sugar and cinnamon.
- Sprinkle a third of the nut mixture into a greased 10 inch fluted tube pan. Top with half of the batter and another third of the nut mixture. Repeat layers.
- Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Servings: 14

### Cooking Times

Preparation Time: 20 minutes

Cooking Time: 35 minutes

Total Time: 55 minutes

### Nutrition Facts

Serving size: 1/14 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
<b>Calories</b>	283
	% Daily Value

Nutrition information provided by the recipe author.

<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 46mg	<b>15%</b>
<b>Sodium</b> 246mg	<b>10%</b>
<b>Total Carbohydrates</b> 34g	<b>11%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 6g	<b>12%</b>

### Source

Source: Taste of Home

## Strawberry Nut Bread

- |       |      |   |   |           |                 |
|-------|------|---|---|-----------|-----------------|
| 1     | bag  | frozen whole strawberries, thawed,<br>drained | 3 | teaspoons | ground cinnamon |
| 2     | cups | sugar   | 1 | teaspoon  | baking soda     |
| 1 1/4 | cups | vegetable oil                                 | 1 | teaspoon  | salt            |
| 4     |      | eggs  | 1 | cup       | chopped nuts    |
| 3     | cups | all-purpose flour                             |   |           |                 |

- Heat oven to 350°F. Grease bottoms only of two 9x5 or 8x4 inch loaf pans with shortening; lightly flour.
- Slightly mash strawberries; set aside. In large bowl, mix sugar and oil. Stir in eggs until well blended. Stir in strawberries until well mixed. Stir in remaining ingredients except nuts just until moistened. Stir in nuts. Pour into pans.
- Bake 1 hour to 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans to wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Yield: 2 loaves

### Cooking Times

Preparation Time: 15 minutes  
Total Time: 3 hours and 20 minutes

### Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
<b>Calories</b>	280
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrates</b> 31g	<b>10%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 4g	<b>8%</b>

### Source

Source: Betty Crocker

## Cranberry-Apple-Nut Bread

---

3/4	cup	sugar	1/2	teaspoon	baking powder
1/2	cup	vegetable oil	1/2	teaspoon	salt
1		egg	3/4	cup	chopped walnuts
1	cup	shredded peeled apple (about 1 medium)	1/2	cup	dried cranberries
1 1/2	cups	all-purpose flour	1	tablespoon	sugar
1/2	teaspoon	baking soda	1/2	teaspoon	ground cinnamon

- 1 Heat oven to 350°F. Grease bottom only of 8x4 or 9x5 inch loaf pan with shortening.
- 2 In large bowl, mix 3/4 cup sugar, the oil and egg. Stir in apple, flour, baking soda, baking powder and salt. Stir in walnuts and cranberries. Pour batter into pan. In small bowl, mix 1 tablespoon sugar and the cinnamon; sprinkle over batter.
- 3 Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 1 1/2 hours, before slicing.

Yield: Makes 1 loaf

### Cooking Times

---

Preparation Time: 15 minutes

Total Time: 2 hours and 50 minutes

### Nutrition Facts

---

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	270
	% Daily Value
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrates</b> 32g	<b>11%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 3g	<b>6%</b>

### Source

---

Source: Betty Crocker

## Popcorn Nut Treat

---

2	quarts	popped popcorn	1/2	cup	butter, cubed
3	cups	Wheat or Rich Chex	1/2	cup	honey
1	can	(11 1/2 ounces) salted mixed nuts			

- 1 In a large bowl, combine the popcorn, cereal and nuts. In a microwave-safe bowl, heat butter and honey until butter is melted; stir until smooth. Pour over popcorn mixture and toss to coat.
- 2 Transfer to two ungreased 15x10x1 inch baking pans. Bake at 350° for 15-20 minutes or until popcorn is golden brown, stirring every 5 minutes. Cool, stirring occasionally.

Servings: 20

### Cooking Times

---

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Total Time: 20 minutes

## Nutrition Facts

Serving size: 1/20 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	200
% Daily Value	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 12mg	<b>4%</b>
<b>Sodium</b> 235mg	<b>10%</b>
<b>Total Carbohydrates</b> 17g	<b>6%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 4g	<b>8%</b>

## Source

Source: Taste of Home

## Mixed Nut Brittle

1 1/2 cups sugar	2 teaspoons plus 2 tablespoons butter, divided
1 cup light corn syrup	1 teaspoon vanilla extract
1/3 cup water	1/2 teaspoon salt
4 cups mixed nuts	

- 1 In a large heavy saucepan, combine the sugar, corn syrup and water. Cover and bring to a boil over medium heat. Uncover and cook until a candy thermometer reads 290° (soft-crack stage).
- 2 Meanwhile, grease a 15x10x1 inch baking pan with 2 teaspoons butter; set aside. Place nuts in two ungreased 15x10x1 inch baking pans; bake at 325° for 10-15 minutes or until warm. (Keep warm until ready to use.)
- 3 Remove sugar mixture from the heat; carefully stir in the nuts, vanilla, salt and remaining butter. Quickly spread into prepared pan. Cool completely; break into pieces.

Servings: 20

## Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Total Time: 30 minutes

## Nutrition Facts

Serving size: 1/20 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	278
% Daily Value	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 274mg	<b>11%</b>
<b>Total Carbohydrates</b> 35g	<b>12%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 5g	<b>10%</b>

## Source

Source: Taste of Home

## Extra-Nutty Peanut Brittle

	Butter for greasing	1 container	cocktail peanuts (3 cups)
1/2 cup	light corn syrup	1 teaspoon	vanilla
1 cup	sugar	1 teaspoon	baking soda
1/2 cup	cold water	1 tablespoon	butter (do not use margarine)

- 1 Generously grease large cookie sheet and wooden spoon with butter.
- 2 In 2-quart nonstick saucepan, heat corn syrup, sugar and water to boiling, stirring frequently. Boil 10 to 15 minutes, stirring frequently, until mixture reaches 230° to 234° on candy thermometer and forms a long thread when spoon is lifted and held above pan. Stir in peanuts. Cook 10 to 15 minutes longer, stirring frequently, until peanuts turn golden brown and mixture reaches 300°F.
- 3 Meanwhile, in small bowl, stir vanilla and baking soda until soda is dissolved. Remove saucepan from heat; stir in vanilla mixture and butter. Quickly spread on cookie sheet, smoothing top with back of buttered spoon to make a single layer of peanuts. Cool about 20 minutes; break into 1 inch pieces. Store in airtight container up to 3 weeks.

Yield: About 60 candies

### Cooking Times

Preparation Time: 30 minutes

Total Time: 1 hour

### Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	70
	% Daily Value
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrates</b> 7g	<b>2%</b>
<b>Protein</b> 2g	<b>4%</b>

### Source

Source: Betty Crocker

## Honey Nut Snack Mix

5 cups	organic honey nut O's cereal	1 1/2 cups	honey-roasted peanuts
1 cup	pretzel sticks	1 1/2 cups	dried banana chips
1/4 cup	creamy peanut butter	1 cup	chocolate-covered raisins or raisins
2 tablespoons	butter		

- 1 Heat oven to 350°F. In large bowl, mix cereal and pretzels.
- 2 In 1-quart saucepan, heat peanut butter and butter to boiling, stirring occasionally; pour over cereal mixture. Toss until evenly coated. Spread in ungreased 13x9 inch pan.
- 3 Bake 10 minutes, stirring occasionally. Stir in peanuts. Spread on waxed paper to cool, about 1 hour.
- 4 Stir in banana chips and raisins. Store in airtight container.

Servings: 20

### Cooking Times

Preparation Time: 20 minutes

Total Time: 1 hour and 20 minutes

### Nutrition Facts



Serving size: 1/20 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	210
	% Daily Value
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrates</b> 21g	<b>7%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 5g	<b>10%</b>

### Source

Source: Betty Crocker

## Deviled Nuts

- |     |             |                      |     |          |  |
|-----|-------------|----------------------|-----|----------|--|
| 3   | tablespoons | butter, melted       | 1/2 | teaspoon | ground red pepper  |
| 1   | tablespoon  | Worcestershire sauce | 1/4 | teaspoon | ground cumin   |
| 1/2 | teaspoon    | salt                 | 1   | pound    | pecan halves, walnut halves, whole almonds and/or mixed nuts |

- Heat oven to 300°F. Combine butter, Worcestershire sauce, salt, ground red pepper and cumin in medium bowl; mix well. Add nuts; toss until well coated.
- Place nuts into ungreased 13x9 inch baking pan. Bake, stirring every 10 minutes, for 30 minutes. Cool completely. Store in container with tight-fitting lid.

Servings: 18

### Cooking Times

Preparation Time: 10 minutes

Total Time: 40 minutes

### Nutrition Facts

Serving size: 1/18 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	190
	% Daily Value
<b>Total Fat</b> 2.5g	<b>4%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrates</b> 5g	<b>2%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 2g	<b>4%</b>

### Source

Source: Land o Lakes

## Sweet-and-Hot Nuts

- |     |     |                                       |     |          |                       |
|-----|-----|---------------------------------------|-----|----------|-----------------------|
| 1   | cup | whole cashews                         | 1   | teaspoon | ground ginger crushed |
| 1   | cup | whole almonds, toasted*               | 1/2 | teaspoon | salt                  |
| 1   | cup | pecan halves, toasted*                | 1/2 | teaspoon | ground cinnamon       |
| 1   | cup | hazelnuts, toasted and skins removed* | 1/4 | teaspoon | ground cloves         |
| 1/2 | cup | sugar                                 | 1/4 | teaspoon | cayenne pepper        |
| 1/3 | cup | butter, melted                        |     |          |                       |

- Place nuts in a 2 to 3 1/2 quart slow cooker. In a small bowl combine sugar, butter, ginger, salt, cinnamon, cloves, and cayenne pepper. Add nuts to slow cooker; toss to coat.

2 Cover and cook on low-heat setting for 2 hours, stirring after 1 hour. Stir nuts again. Spread in a single layer on buttered foil; let cool for at least 1 hour. (Nuts may appear soft after cooking but will crisp upon cooling.) Store in a tightly covered container at room temperature for up to 3 weeks.

Servings: 22

### Cooking Times

Preparation Time: 15 minutes  
 Cooking Time: 2 hours  
 Inactive Time: 1 hour  
 Total Time: 5 hours and 35 minutes

### Nutrition Facts

Serving size: 1/22 of a recipe.  
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
 Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
<b>Calories</b>	147
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 7mg	<b>2%</b>
<b>Sodium</b> 73mg	<b>3%</b>
<b>Total Carbohydrates</b> 8g	<b>3%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 3g	<b>6%</b>

### Tips

\*To Toast Nuts: Spread nuts in a single layer in a shallow baking pan. Bake in a 350 degrees F oven for 10-15 minutes or until light golden brown, watching carefully and stirring once or twice. To remove the papery skin from hazelnuts, rub the nuts with a clean dish towel.

### Source

Source: Better Homes and Gardens

## Roasted Nut Snack

- |                 |  |                                    |   |
|-----------------|--|------------------------------------|---|
| <p>1 recipe</p> | <p>Nonstick cooking spray<br/>         Cocoa Sugared Mix, Curry Spiced Mix, Barbecue Seasoned Mix, or Asian Five-Spiced Mix (recipes follow)</p> | <p>1/4 cup<br/>         4 cups</p> | <p>peanut oil or 1/4 cup melted butter<br/>         Pecan halves or 4 cups assorted nuts, such as pecan halves, walnut halves or pieces, whole unsalted cashews, almonds, dry-roasted unsalted peanuts and/or peeled hazelnuts.</p> |
|-----------------|--|------------------------------------|---|

- Line a 13x9x2 inch or a 15x10x1 inch baking pan with foil; lightly coat with nonstick cooking spray. Set pan aside. In a small bowl, combine desired seasoning mix and oil or melted butter. Place nuts in prepared pan. Drizzle butter mixture over nuts, tossing gently until well coated. Spread nuts out in an even layer.
- Bake in a 325 degrees F oven for 25 minutes, stirring twice. Remove from oven. Remove to a paper towel-lined baking sheet; cool. Serve at room temperature. Store any remaining nuts in an airtight container for up to 1 week.

Servings: 16

### Cooking Times

Preparation Time: 15 minutes  
 Cooking Time: 25 minutes  
 Total Time: 40 minutes

### Tips

- Variation: Curry Spiced Mix: In a small bowl, combine 2 tablespoons water, 1 tablespoon packed brown sugar, 2 teaspoons curry powder, 1/2 teaspoon onion salt and 1/2 teaspoon crushed red pepper.

- Variation: Cocoa Sugared Mix: In a small bowl, combine 1/3 cup granulated sugar, 2 tablespoons unsweetened cocoa powder, 2 tablespoons water, 1 teaspoon ground cinnamon and 1/12 teaspoon salt.
- Variation: Barbecue Seasoned Mix: In a small bowl, combine 2 tablespoons packed brown sugar, 2 tablespoons water, 1 tablespoon Worcestershire sauce, 1 teaspoon garlic salt, 2 teaspoons chili powder, 1 tablespoon ground cumin and 1/8 teaspoon cayenne pepper.
- Variation: Asian Five-Spiced Mix: in a small bowl, combine 2 tablespoons water, 2 tablespoons packed brown sugar, 1 teaspoon five-spice powder, 1 teaspoon salt and 1/2 teaspoon coarse black pepper.

## Source

Source: Better Homes & Garden

## Salted Nut Bars

	<b>Crust</b>		
1 1/2 cups	all-purpose flour	1/4 cup	light corn syrup
3/4 cup	firmly packed brown sugar	1 6 ounce	package butterscotch-flavored chips
1/2 cup	butter, softened	2 tablespoons	butter
1/4 teaspoon	salt	1 tablespoon	water
	<b>Topping</b>	1/4 teaspoon	salt
		1 11.5 ounce	can mixed nuts

- 1 Heat oven to 350°F. Line 13x9 inch baking pan with aluminum foil, extending foil over ends. Spray foil with no-stick cooking spray; set aside.
- 2 Combine all crust ingredients in large bowl. Beat at low speed, scraping bowl often, until mixture resembles coarse crumbs. Press crumb mixture into prepared pan. Bake for 10 minutes.
- 3 Meanwhile, place all topping ingredients except mixed nuts in 2-quart saucepan. Cook over low heat, stirring constantly, until chips are melted and mixture is smooth (5 to 7 minutes). Stir in nuts until well coated.
- 4 Spread mixture over hot, partially baked crust. Continue baking for 10 to 12 minutes or until golden brown. Cool completely. Lift bars out of pan using foil ends; cut into bars.

Servings: 36

## Cooking Times

Preparation Time: 15 minutes

Total Time: 55 minutes

## Nutrition Facts

Serving size: 1/36 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	150
	% Daily Value
<b>Total Fat</b> 10g	<b>15%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrates</b> 15g	<b>5%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 2g	<b>4%</b>

## Source

Source: Land O'Lakes

## White Chocolate Nut Crackles

1/2 cup	butter, softened	1	teaspoon	baking soda
1/2 cup	shortening	1	teaspoon	cream of tartar
1/2 cup	sugar	1/2	teaspoon	salt
1/2 cup	packed brown sugar	6	ounces	white baking chocolate, coarsely chopped
1	egg	1/2	cup	coarsely chopped macadamia nuts, toasted
1	teaspoon			additional sugar
2	cups			

- 1 In a large bowl, cream the butter, shortening and sugars until light and fluffy. Beat in egg and vanilla. Combine the flour, baking soda, cream of tartar and salt; gradually add to the creamed mixture and mix well. Stir in chocolate and nuts. Cover and refrigerate for 1 hour or until easy to handle.
- 2 Roll into 1 inch balls. Dip each ball halfway in water, then in sugar. Place sugar side up 2 inches apart on ungreased baking sheets; flatten slightly.
- 3 Bake at 400° for 8-10 minutes or until golden brown. Remove to wire racks to cool.

Servings: 33

### Cooking Times

Preparation Time: 25 minutes

Cooking Time: 10 minutes

### Nutrition Facts

Serving size: 1/33 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	125
	% Daily Value
<b>Total Fat</b> 8g	<b>12%</b>
<b>Saturated Fat</b> 3g	<b>15%</b>
<b>Cholesterol</b> 14mg	<b>5%</b>
<b>Sodium</b> 112mg	<b>5%</b>
<b>Total Carbohydrates</b> 13g	<b>4%</b>
<b>Protein</b> 1g	<b>2%</b>

### Source

Source: Taste of Home

## Decadent Pecan Pie

	<b>Pastry</b>	1	cup	corn syrup
1	cup	1/2	teaspoon	salt
1/2	teaspoon	1		egg
1/3	cup	4		egg whites
2-3	tablespoons	1	teaspoon	vanilla
	<b>Filling</b>	1/2	cup	quick-cooking or old fashioned oats
2/3	cup	1/2	cup	chopped pecans
1/4	cup			

- 1 In medium bowl, mix flour and 1/2 teaspoon salt. Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- 2 Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry flakier. If refrigerated longer, let pastry soften slightly before rolling.
- 3 Heat oven to 375°F. With floured rolling pin, roll pastry into round 2 inches large than upside-down 9-inch glass pie

plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired

- 4 In medium bowl, beat sugar, margarine, corn syrup, 1/2 teaspoon salt, the egg and egg whites with wire whisk or hand beater until well blended. Stir in oats and pecans. Pour into pastry-lined pie plate.
- 5 Bake 40 to 50 minutes or until center is set. Cool Completely.

Servings: 8

### Cooking Times

Preparation Time: 20 minutes  
 Total Time: 1 hour and 55 minutes

### Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	470
	% Daily Value
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 4.5g	<b>23%</b>
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrates</b> 65g	<b>22%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 6g	<b>12%</b>

### Source

Source: Betty Crocker

## Elegant Almond Bars

	<b>Cookie Base</b>	1/4 cup	butter or margarine, melted
1 pouch	(1 lb 1.5 oz) sugar cookie mix	2	eggs
1/2 cup	butter or margarine, melted	1/2 cup	sliced almonds
1/2 teaspoon	almond extract		<b>Topping</b>
1	egg	2 ounces	chocolate baking bar, coarsely chopped (1/3 cup)
	<b>Filling</b>		shortening
1 can or package	(7 oz) almond paste, crumbled into 1/2 inch	2 tablespoons	sliced almonds
1/4 cup	sugar	1/4 cup	

- 1 Heat oven to 350°F. In large bowl, stir cookie base ingredients until soft dough forms. Spread in ungreased 13x9 inch pan. Bake 15 to 18 minutes or until light golden brown.
- 2 Meanwhile, in large bowl, beat almond paste, sugar and 1/4 cup melted butter with electric mixer on low speed until blended. Add 2 eggs; beat until well blended (mixture may be slightly lumpy).
- 3 Spread almond paste mixture over partially baked base. Sprinkle with 1/2 cup almonds. Bake 15 to 20 minutes longer or until filling is set (filling will puff up during baking). Cool completely, about 1 hour.
- 4 In 1-quart heavy saucepan, melt white chocolate and shortening over low heat, stirring constantly, until smooth. Pour and spread over cooled bars. Sprinkle with 1/4 cup almonds. Let stand about 30 minutes or until topping is set. For bars, cut into 8 rows by 4 rows. Store covered at room temperature.

Servings: 32

### Cooking Times

Preparation Time: 25 minutes  
 Total Time: 2 hours and 30 minutes

### Nutrition Facts



Serving size: 1/32 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	180
	% Daily Value
<b>Total Fat</b> 10g	15%
Saturated Fat 4g	20%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrates</b> 19g	6%
<b>Protein</b> 3g	6%

### Source

Source: Betty Crocker

## Orange and Macadamia Nut Cookies

- |        |   |     |             |  |
|--------|---|-----|-------------|--|
| 4 cups | all-purpose flour                         | 4-6 | tablespoon  | orange juice                             |
| 2 cups | sifted powdered sugar                     |     |             | granulated sugar                         |
| 1 cup  | cornstarch                                | 2   | cups        | sifted powdered sugar                    |
| 2 cups | butter (no substitutes)                   | 3   | tablespoons | softened butter (no substitutes)         |
| 1 cup  | chopped macadamia nuts or toasted walnuts | 1   | teaspoon    | finely shredded orange peel              |
| 2      | egg yolks                                 | 2-3 | tablespoons | orange juice                             |
| 1      | tablespoon                                |     |             | finely chopped macadamia nuts (optional) |
|        | shredded orange peel                      |     |             |  |

- 1 Preheat oven to 350°F.
- 2 Combine flour, powdered sugar, and cornstarch in a large mixing bowl. Using a pastry blender or two knives, cut in 2 cups of butter until mixture resembles coarse crumbs. Stir in the 1 cup nuts. Combine egg yolks, 1 tablespoon orange peel, and 4 tablespoons of the orange juice in a small mixing bowl; add to flour mixture, stirring until moistened. If necessary, add enough of the remaining 2 tablespoons orange juice to moisten.
- 3 Knead dough on a lightly floured surface until it forms a ball. Arrange balls on an ungreased cookie sheet. Dip bottom of a fluted glass in granulated sugar, and use it to flatten one ball to 1/4 inch thickness. Repeat for remaining cookies.
- 4 Bake in the preheated oven for 12 to 15 minutes or until edges begin to brown. Transfer cookies to a wire rack; let cool.
- 5 Meanwhile in a small bowl stir together powdered sugar, 3 tablespoons butter, 1 teaspoon orange peel and enough of the 2-3 tablespoons juice to make sauce of spreading consistency.
- 6 If desired, sprinkle with finely chopped macadamia nuts. Makes 72 cookies.

Servings: 72

### Cooking Times

Preparation Time: 45 minutes

Cooking Time: 12 minutes

Total Time: 57 minutes

### Nutrition Facts

Serving size: 1/72 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	117
	% Daily Value
<b>Total Fat</b> 7g	11%
Saturated Fat 4g	20%
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 58mg	2%
<b>Total Carbohydrates</b> 13g	4%
<b>Protein</b> 1g	2%

### Source

Source: Better Home & Garden

# Harvest Nut Tart

	<b>Crust</b>	28		caramels
1 1/2 cups	mixed nuts (pecans, hazelnuts and/or macadamia nuts)	1/3 cup		Half-and-half
1/3 cup	whole or slivered almonds	1 1/2 cups		mixed nuts (pecans, hazelnuts and/or macadamia nuts), toasted
3 tablespoons	sugar	3	tablespoons	milk chocolate or real semi-sweet chocolate chips
1/3 cup	butter, softened	1	teaspoon	vegetable oil
1 teaspoon	vanilla			Aerosol whipped light cream
	<b>Topping</b>			

- Heat oven to 350°F. Combine 1 1/2 cups mixed nuts, almonds and sugar in 5-cup blender container or food processor bowl fitted with metal blade. Cover; blend at high speed until finely ground. (Do not grind into paste.)
- Combine butter and vanilla in medium bowl until well mixed. Add ground nut mixture; stir just until dough holds together. Press onto bottom of ungreased 9-inch tart pan with removable bottom. Place onto baking sheet. Bake for 20 to 25 minutes or until golden brown.
- Meanwhile, combine caramels and half & half in 2-quart saucepan. Cook over low heat, stirring occasionally, until caramels are melted and mixture is smooth (15 to 20 minutes). Remove from heat; gently stir 1 1/2 cups mixed nuts into caramel mixture. Spoon onto cooled crust; spread to coat evenly. Cool 30 minutes.
- Melt chocolate chips and oil in 1-quart saucepan over low heat until melted and smooth (3 to 5 minutes). Drizzle over tart. Garnish with whipped cream, if desired.

Servings: 12

## Cooking Times

Preparation Time: 45 minutes  
 Total Time: 1 hour and 40 minutes

## Nutrition Facts

Serving size: 1/12 of a recipe.  
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
 Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	400
	% Daily Value
<b>Total Fat</b> 33g	<b>51%</b>
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrates</b> 28g	<b>9%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 5g	<b>10%</b>

## Source

Source: Land O'Lakes

## Salted Nut Squares

- 3 cups salted peanuts without skins, divided  
2 1/2 tablespoons butter  
2 cups peanut butter chips  
1 can (14 ounces) sweetened condensed milk  
2 cups miniature marshmallows

- Place half of the peanuts in an ungreased 11 x7 inch dish; set aside. In a large saucepan, melt butter and peanut butter chips over low heat; stir until smooth. Remove from the heat. Add milk and marshmallows; stir until melted.
- Pour over peanuts. Sprinkle the remaining peanuts. Cover and refrigerate until chilled. Cut into bars.

Servings: 30

### Cooking Times

Preparation Time: 15 minutes

### Nutrition Facts

Serving size: 1/30 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	201
	% Daily Value
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 7mg	<b>2%</b>
<b>Sodium</b> 118mg	<b>5%</b>
<b>Total Carbohydrates</b> 18g	<b>6%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 7g	<b>14%</b>

### Source

Source: Taste of Home

## Chocolate Nut Squares

- 1 cup packed brown sugar  
1 cup butter or margarine, softened  
1 1/2 teaspoons vanilla  
1 egg  
2 cups all-purpose flour  
1 bag (12 ounces) semisweet chocolate chips  
1/2 cup light corn syrup  
2 tablespoons butter or margarine  
1 can (12 ounces) salted mixed nuts

- Heat oven to 350°F. Mix brown sugar, 1 cup butter, the vanilla and egg in large bowl. Stir in flour. Spread evenly in bottom of ungreased rectangular pan, 13x9x2 inches. Bake 20 to 22 minutes or until light brown. Cool 20 minutes.
- While crust is baking, heat chocolate chips, corn syrup and 2 tablespoons butter in 1 1/2 quart saucepan over low heat, stirring constantly, until chips are melted. Cool 20 minutes.
- Spread chocolate mixture over crust. Sprinkle with nuts; gently press into chocolate. Refrigerate uncovered about 2 hours or until chocolate is firm. For 48 squares, cut into 8 rows by 6 rows. Store covered in refrigerator.

Servings: 48

### Cooking Times

Preparation Time: 10 minutes

Total Time: 2 hours and 52 minutes

### Nutrition Facts

Serving size: 1/48 of a recipe.

Amount Per Serving	
--------------------	--

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

<b>Calories</b>	170
	% Daily Value
<b>Total Fat</b> 11g	<b>17%</b>
<b>Saturated Fat</b> 5g	<b>25%</b>
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrates</b> 17g	<b>6%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 2g	<b>4%</b>

## Source

---

Source: Betty Crocker