

CASHEW NUTS

Cashews are a seed sourced from the cashew tree. They are an excellent source of unsaturated fats, which promote a healthy heart. In addition, cashews also contain many different vitamins and minerals, and they're rich in fiber. The fiber and protein content of cashews make them a filling snack when consumed in moderation. The serving size of cashews is one ounce, or about 18 whole cashews.

SELECTION & STORAGE:

When selecting cashews for their maximum health benefits, it's best to choose dry roasted or unsalted varieties. Because of their high fat content, cashews can go bad quickly, so it's important to store them in an air-tight container. Once their original packaging is opened, cashews stay fresh for about two weeks in a pantry and a month in the fridge. If your cashews begin to darken, become brittle, or have a bitter taste, you'll want to discard them.

RECIPE OF THE MONTH: SPICY CASHEW LETTUCE WRAPS (VEGAN)

INGREDIENTS:

- 2 cups uncooked brown rice
- 1 package tofu
- 1 tablespoon olive oil
- 1 cup frozen corn
- 1 tablespoon chili powder
- ½ cup cashew halves
- 3 tablespoons soy sauce
- ½ teaspoon hot sauce (Sriracha)
- 2 carrots
- 3 small heads lettuce (or 1 large)
- Tahini sauce or cilantro sauce to serve (optional)

DIRECTIONS:

- Cook the brown rice according to the package instructions. When it's done, season the rice with some kosher salt and a drizzle of olive oil.
- Drain the tofu by wrapping it in a paper towel, placing it on a plate, and covering it with a heavy object for 5 minutes or more.
- In a large non-stick skillet, heat the olive oil. Add the tofu and break it down into very small pieces with a spatula. Sauté for about 15 minutes, until brown.
- Add the frozen corn and stir for a few minutes until most of the liquid has cooked out of the tofu. Add the chili powder and cashew halves, and stir to combine. Add the soy sauce and hot sauce and stir until liquid is absorbed. Remove from heat.
- Meanwhile, peel and grate the carrots. Wash and dry the lettuce leaves.
- To serve, place rice, tofu cashew mixture, and grated carrots within a lettuce leaf, and roll up the leaf.

