

WALNUTS

HEALTH BENEFITS: Discover the health wonders of walnuts! These little guys offer a myriad of benefits. First, they're a heart's best friend, packed with omega-3 fatty acids that support cardiovascular health, lower cholesterol levels, and reduce inflammation. Additionally, their potent mix of antioxidants and essential nutrients serves as a powerful brain booster, enhancing cognitive function and potentially reducing the risk of neurodegenerative diseases. Not just that, walnuts aid in weight management by offering a satisfying blend of fiber and protein, keeping you fuller for longer periods. Loaded with vital nutrients, vitamins, minerals, and beneficial plant compounds, walnuts are a nutritional powerhouse. Moreover, their composition of healthy fats and nutrients may assist in managing blood sugar levels, offering support for those dealing with diabetes. Embrace the incredible health benefits packed within these small wonders!

SELECTION & STORAGE: Choosing the perfect walnuts starts with a keen eye. Opt for whole, intact nuts that are plump, uniform in size, and free from cracks or holes. Steer clear of any that seem shriveled or damaged. It's also wise to give them a sniff; fresh walnuts emit a mild, nutty aroma, while those that smell rancid or off might be past their prime. When buying packaged walnuts, ensure the packaging is sealed and shows no signs of moisture or damage. Once home, safeguard their freshness by storing them properly. Keep walnuts in an airtight container in the refrigerator or freezer, as their high oil content makes them prone to turning rancid. The freezer, especially, can extend their shelf life for up to a year. Remember to shield them from moisture, heat, and strong odors. If you have unshelled walnuts, crack them open before storing, as the shells can trap moisture, affecting the nuts' quality.

RECIPE OF THE MONTH Walnut-Rosemary Crusted Salmon

INGREDIENTS:

- 2 tsp Dijon mustard
- 1 tsp extra-virgin olive oil
- 1 clove garlic, minced
- 1 lb. skinless salmon fillet, fresh or frozen
- ¼ tsp lemon zest
- Olive oil cooking spray
- 1 tsp chopped fresh rosemary
- ½ tsp honey
- ½ tsp kosher salt
- ¼ tsp crushed red pepper
- 3 tbsp panko breadcrumbs
- 3 tbsp finely chopped walnuts
- Chopped fresh parsley and lemon wedges for garnish

DIRECTIONS:

Preheat oven to 425 degrees F. Line a large rimmed baking sheet with parchment paper.

Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt and crushed red pepper in a small bowl. Combine panko, walnuts and oil in another small bowl.

Place salmon on the prepared baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture, pressing to adhere. Lightly coat with cooking spray.

Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness.

Sprinkle with parsley and serve with lemon wedges, if desired. Enjoy!

