

Cooking with Walnuts



Walnuts are a good source of protein and minerals. One ounce of walnuts (equal to about 14 halves) has about 180 calories, mainly because of their high fat content.

Walnuts make tasty additions to salads, breads, main dishes and desserts.

How to store them

Walnuts will stay fresh in their original sealed bag for about 6 months. Once opened, store them in an airtight container in the refrigerator.

You can also freeze walnuts for up to 3 months in an airtight container or freezer bag.

Easy Banana Bread (makes 1 loaf)

What you need

- 1 cup granulated (white) sugar
- 1/4 cup vegetable oil
- 1/4 cup applesauce
- 3 egg whites
- 1 teaspoon vanilla
- 3 medium mashed ripe bananas
- 2 cups all-purpose flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup chopped walnuts

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Combine the sugar, vegetable oil, applesauce, egg whites and vanilla; mix them until they are light and fluffy.
3. Blend in the mashed bananas.
4. In a small bowl, combine the flour, baking powder, baking soda and salt; add it to the banana mixture and stir it until the dry ingredients are moist.
5. Add the walnuts.
6. Spoon the batter into a prepared 9- by 5-inch loaf pan. A prepared pan is one that has been greased and floured or sprayed with cooking spray.
7. Bake it at 350 degrees F for about 1 hour or until a toothpick inserted into the center comes out clean.
8. Let the bread cool in the pan for about 10 minutes; remove it from the pan and let it cool on a wire rack.

Note: You can use 2 eggs instead of 3 egg whites. If you don't have vegetable oil, use 1/4 cup melted butter or margarine.

Walnut Pie (makes 8 servings)

What you need

- 2 eggs
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1/4 cup butter or margarine
- 3/4 cup corn syrup
- 1 cup chopped walnuts
- 8-inch unbaked pie crust

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the eggs, sugar, salt, butter or margarine, and corn syrup.
3. Add the walnuts.
4. Pour the mixture into the unbaked pie crust.
5. Bake the pie at 350 degrees F for 40 to 50 minutes or until a knife inserted in the center comes out clean.

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