

Top 10 Ways To Toss Walnuts Into Your Days

Walnuts are high in omega-3s, essential fatty acids that lower cholesterol, protect the heart, defend against certain cancers and decrease symptoms of inflammatory diseases like arthritis. Here are some creative ideas on how to add these healthy nuts into your diet.

- Add ground walnuts to graham cracker crumb crust when making cheesecakes or pies.
- Replace pine nuts with walnuts in pesto.
- Purée walnuts with garbanzo beans for hummus dip.
- Mix ground walnuts and breadcrumbs to encrust salmon fillets, chicken breasts or pork chops.
- Add ground walnuts to thicken a turkey chilli made with tomato sauce.
- Sprinkle a handful of toasted walnuts on your cereal or yogurt.
- Add chopped walnuts to enhance the flavour of muffins, cakes, cookies and breads.
- Toss toasted walnuts into stir-fried or sautéed vegetables for added crunch, flavour and nutrients.
- Mix walnuts, raisins, raw oatmeal and bran for easy granola.
- Make a breakfast parfait with walnuts, berries and yogurt.