

Recipes & Tips



Live Well Live Long

with Eleanor Schano



Produce: Nuts

Walnut & Mushroom Nut Roast

Serves 6.

Ingredients

1 tsp extra virgin olive oil
1 onion, finely chopped
200g mushrooms, finely chopped
1 cup walnuts
1/2 cup sunflower seeds
1/2 cup soy milk
1 cup dried whole wheat breadcrumbs
1 tbsp flaxseed meal
1/2 tsp fresh sage, chopped
1 cup basil, dried (or 1 1/2 cups fresh)
1/2 cup sundried tomatoes, chopped
1 tbsp Worcestershire sauce
sea salt to taste

Preparation

Heat oil in large frypan. Sauté onion over medium heat until translucent. Add mushrooms and sauté an additional 5 minutes until mushrooms are cooked. While the vegetables are sautéing, toast walnuts until they smell roasted. Then process walnuts and sunflower seeds in food processor until coarsely ground. Mix mushroom mixture, walnut mixture and remaining ingredients. Spoon into lined (with parchment paper or aluminum foil) loaf pan. Press the mixture into the tin with the back of a spoon. Bake in moderate oven for about 45 minutes. Stand 5 minutes.

Nutrition Facts:

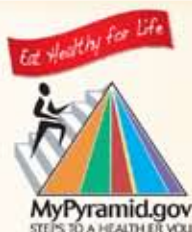
Calories: 276, Calories from Fat: 154

Percentage Daily Value:

Total Fat: 17.1g (26%), Saturated Fat: 1.3g (7%), Cholesterol: 0 mg (0%), Sodium: 312 mg (13%), Total Carbohydrates: 23.4g (8%), Dietary Fiber: 4.3g (17%), Sugars: 5.8 g, Protein: 11.1g, Vitamin A 5%, Vitamin C 8%, Calcium 7%, Iron 15%

Nutty Facts:

- Almonds, which originated in Asia, are members of the rose family. Royal cooks used to add them to meals for easier digestion of rich and heavy meat dishes.
- Cashews, which originated in Brazil, require extensive processing – hence their hefty price tag. The nut is first roasted in its husk so that it's possible to crack open. The nut is then cracked, often by hand, and the skin which still surrounds the nut must then be removed, also by hand.
- Hazelnuts, originally from Turkey, have long been symbols of peace of health. Greeks and Romans ate the nut for its exceptional flavor and purported medicinal qualities.
- Walnuts grow almost everywhere in the world, but the most important producer of walnuts in the shell is right here in the United States, in California. Not only is the meat tasty and beneficial, but the oil cold-pressed from walnuts is also a taste treat – a specialty item that can be used to enhance many dishes.
- Peanuts are not actually nuts at all; rather, they are legumes. Originally from South America, peanuts grow underground and are harvested by digging them up. More than 3500 years ago, the Incas buried peanuts with their dead, to ensure they had food for their journey into the next world. In Africa, peanuts were believed to have souls, and were purportedly brought to the United States on slave ships. Peanut consumption in this country after the Civil War; both the Northern and the Southern armies considered it a valuable food.
- Pecans grow mostly in the south of North America, and are a distant relative of the walnut. In the 16th century, they were a diet staple of the North American Indians.
- Lord John Macadam discovered macadamia trees in 1857, in the rain forest on Australia's East Coast. A macadamia tree must be at least five years old in order to bear fruit, and for top production, must be at least ten years old. Macadamia nuts are the most exclusive nuts in the world today.



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