

GREAT food

MACADAMIA BUTTER

It pairs well with tropical fruits like banana and mango.

PISTACHIO BUTTER

Add it to pesto instead of pine nuts, or stir into oatmeal.

HOMEMADE NUT BUTTER

(recipe on page 124)

How Wonderfully Nutty!

Better than peanut butter—is that even possible? You be the judge:

Try a creamy DIY nut spread, then add it to one of our tasty recipes.

Recipes developed by CAROLINE WRIGHT

MIX IT UP.
COMBINE
NUTS FOR A
NEW KIND OF
SPREAD.

ALMOND BUTTER

It's tasty on whole-grain toast with raspberry or cherry jam.

PECAN BUTTER

Spread it on tart apple slices and sprinkle with cinnamon.

MAKING BARS?
ALMOND,
PISTACHIO OR
CASHEW BUTTER
WORKS WELL.

(pictured on page 123)

Homemade Nut Butter

Prep: 8 minutes

Yield: About 1¼ cups

2 cups raw almonds, cashews,
macadamia nuts, pistachios
or pecans

¾ tsp. kosher salt

1 Tbsp. canola oil

Combine all ingredients in bowl of a food processor. Blend, scraping sides of bowl occasionally, until mixture changes from finely chopped to creamy, 5 to 10 minutes. Add more oil and/or salt a little at a time if needed. Store in an airtight container in refrigerator for up to 1 week.

PER SERVING (2 Tbsp., made with almonds): 177 Calories, 16g Fat (1g Sat.), 0mg Chol., 3g Fiber, 6g Pro., 6g Carb., 144mg Sod., 1mg Iron, 76mg Calcium

Golden Fruit and Nut Granola Bars

Prep: 10 minutes

Cook: 35 minutes

Yield: 12 bars

¼ cup plus 2 Tbsp. flaxseeds

½ cup nut butter, homemade
or store-bought

½ cup light agave nectar

1 cup golden raisins

1 tsp. vanilla extract

¼ tsp. kosher salt

1½ cups rolled oats

1 cup chopped raw, unsalted
mixed nuts, such as
almonds, pistachios and
cashews

Flaky sea salt, optional

1 Preheat oven to 325° F. Mist an 8-inch square baking dish with cooking spray; line with parchment. Pulse 2 Tbsp. flaxseeds in a spice grinder until finely ground.

2 In a food processor, combine nut butter, agave, ½ cup raisins, vanilla, ground flaxseeds, ¼ cup water and salt; process mixture until pureed.

3 Place oats, nuts, remaining ½ cup raisins and unground flaxseeds in a bowl; stir in nut butter mixture. Spread in baking dish, tucking in exposed raisins. Sprinkle with flaky salt, if desired. Press mixture down firmly.

4 Bake until dark golden and dry to the touch (mixture will not rise), 30 to 35 minutes. Press down again. Let cool completely in baking dish on a wire rack, then remove from baking dish and cut into 12 bars. To store, stack bars in an airtight container with waxed paper or parchment between layers; keep at room temperature for up to 3 days.

PER SERVING (1 bar): 256 Calories, 13g Fat (1g Sat.), 0mg Chol., 4g Fiber, 7g Pro., 32g Carb., 66mg Sod., 2mg Iron, 70mg Calcium

Tip

Don't have a spice grinder? No problem: Swap the 2 Tbsp. flaxseeds for ¼ cup flax meal, which is simply ground flaxseeds. Find it in supermarkets and natural-food stores.



Carrot Salad with Nut Butter-Ginger Dressing

Prep: 20 minutes
Serves: 6 as a side dish

- $\frac{1}{4}$ cup nut butter, homemade or store-bought
- 2 Tbsp. lime juice
- 1 Tbsp. low-sodium soy sauce
- 1 Tbsp. honey
- 1 Tbsp. roughly chopped fresh ginger
- 2 scallions, whites coarsely chopped and greens thinly sliced lengthwise
- 1 small clove garlic
- 1 lb. carrots, peeled into long, thin strips with a vegetable peeler
- 1 cup packed cilantro leaves

In a blender, combine nut butter, lime juice, soy sauce, honey, ginger, scallion whites, garlic and 2 Tbsp. water; blend until smooth. Toss carrots with half of dressing. Add more dressing 1 Tbsp. at a time if desired. (Cover and refrigerate any leftover dressing for another use.) Gently toss in cilantro and scallion greens before serving.

PER SERVING: 114 Calories, 6g Fat (0g Sat.), 0mg Chol., 4g Fiber, 3g Pro., 14g Carb., 166mg Sod., 1mg Iron, 71mg Calcium

USE ALMOND,
PECAN,
PISTACHIO OR
CASHEW BUTTER
HERE.

Chicken— Vegetable Stir-Fry with Satay Sauce

Prep: 15 minutes

Cook: 10 minutes

Serves: 4

- 4 cloves garlic, chopped
- 3 Tbsp. minced fresh ginger, from a 3-inch piece
- $\frac{1}{3}$ cup nut butter, homemade or store-bought
- 2 tsp. packed brown sugar
- $1\frac{1}{2}$ tsp. fish sauce, optional
- $\frac{1}{4}$ tsp. cayenne pepper
- $\frac{1}{2}$ tsp. ground cumin
- 3 Tbsp. fresh lemon juice
- 3 Tbsp. canola oil
- 2 boneless, skinless chicken breast halves (about 1 lb.), thinly sliced crosswise
- $\frac{1}{2}$ tsp. kosher salt
- $\frac{1}{4}$ tsp. freshly ground black pepper
- 2 bunches broccolini (about $1\frac{1}{4}$ lb. total), trimmed and halved crosswise
- $\frac{1}{2}$ small red onion, thinly sliced
- $\frac{1}{4}$ cup sliced almonds or other nuts, toasted
- Rice, for serving, optional

1 Place 2 tsp. garlic and 1 Tbsp. ginger in a medium bowl. Add nut butter, sugar, fish sauce, if desired, cayenne, cumin, 2 Tbsp. lemon juice and $\frac{1}{4}$ cup water; stir to combine. Set sauce aside.

2 In a large nonstick skillet, warm 1 Tbsp. oil over medium-high heat. Season chicken all over with salt and pepper. Add half of chicken to skillet and cook until seared on one side, about 2 minutes. Turn and cook until cooked through, about 1 minute longer. Transfer to a plate. Repeat with another 1 Tbsp. oil and remaining chicken. Reserve pan and oil.

3 Add remaining 1 Tbsp. oil to skillet, then add broccolini, onion and 2 Tbsp. water. Cover skillet and steam until water evaporates and broccolini is crisp-tender, 3 to 4 minutes. Uncover, add remaining garlic and ginger and sauté until they are fragrant and turn lightly golden, 1 to 2 minutes. Stir in almonds, remaining 1 Tbsp. lemon juice and chicken. Divide stir-fry mixture among 4 plates and drizzle with sauce. Serve with rice, if desired.

PER SERVING: 469 Calories, 28g Fat (3g Sat.), 73mg Chol., 5g Fiber, 35g Pro., 21g Carb., 462mg Sod, 3mg Iron, 208mg Calcium

TRY THIS DISH
WITH ALMOND,
MACADAMIA
OR CASHEW
BUTTER.