



Have A Plant® Hacks With Walnuts



With April Sins, MS, RDN, LDN from Rouses Markets | March 8th at 4:00 pm EST

SHOPPING LIST

- California Walnuts
- Onion
- Garlic
- Small tomatoes
- Fresh basil leaves
- Tomato paste
- Roasted red peppers
- Red sauce
- Pesto
- Cannellini beans
- 1 egg
- Olive oil
- Coconut aminos
- Brown rice
- Panko breadcrumbs
- Italian seasoning
- Italian parsley
- Fennel seed
- Onion powder
- Garlic powder
- Smoked paprika
- Celery salt
- Pizza dough
- Mozzarella cheese
- Shaved Parmesan cheese

CALIFORNIA WALNUT MEATLESS MEATBALLS

INGREDIENTS

- 1 tbsp olive oil
- ¼ cup minced onion
- 1 tsp minced garlic
- 1 tbsp tomato paste
- ½ cup walnuts, chopped
- ¼ cup cooked brown rice
- ¼ cup chopped roasted red peppers
- ¼ cup panko breadcrumbs
- ¼ cup Parmesan cheese
- 1 tbsp Italian seasoning
- 2 tbsps chopped Italian parsley
- 1 egg, beaten
- California Walnut Pesto or Muhammara Sauce

INSTRUCTIONS

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Heat oil in a small skillet over medium heat. Add onion and garlic and sauté for 1 minute. Add tomato paste and cook for 1 minute more.
3. Transfer to a food processor with walnuts, rice, roasted red peppers, breadcrumbs, Parmesan, parsley, Italian seasoning, and egg. Pulse until combined, but not mushy.
4. Form into 8 balls and place on prepared baking sheet. Cook for 12 minutes or until firm to the touch. Serve with California Walnut Pesto or Muhammara Sauce.

PIZZA WITH CALIFORNIA WALNUT CRUMBLE

INGREDIENTS

Walnut Sausage Crumble

- 1 cup California walnuts
- ½ cup cannellini beans
- 1 tbsp coconut aminos
- 1 tbsp olive oil
- 2 tsp fennel seed
- 2 tsp Italian seasoning
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ¼ tsp celery salt

Walnut Sausage Pizza

- 1 lb. pizza dough
- 6 tbsps red sauce
- 6 tbsps pesto
- 2/3 cup mozzarella cheese
- California Walnut Sausage
- ¼ cup sliced small tomatoes
- Fresh basil leaves
- Shaved Parmesan cheese

INSTRUCTIONS

1. In a food processor combine all Walnut Sausage Crumble ingredients and pulse to a sausage like consistency.
2. Preheat oven to 500°F and line 2 large baking sheets with parchment paper. Divide dough into 4 pieces and roll each out into a thin oval and place on baking sheet.
3. Spread 2 dough pieces with red sauce and top with equal amounts of red sauce, half the cheese and half the sausage crumble.
4. Spread the other dough with pesto, remaining cheese, remaining sausage crumble and tomatoes.
5. Bake for 8 minutes or until pizzas are golden brown on the edges. Garnish with basil leaves and shaved Parmesan.