WALNUTS: TRULY PERFECT FOR ANY SEASON

Any time of year is a great time to include walnuts in your meals. In fact, walnuts' unique flavor profile makes them well suited for almost any application. Keep walnuts on hand throughout the year and buy in-season produce for great taste and exceptional value!

Each recipe listed here, and more, can be found at www.walnuts.org.

SPRING
Herbed Walnut Potato Salad
Asparagus Spears with Walnut Gremolata
Warm California Walnut Spinach Salad with Raspberry Vinaigrette
Mushroom & Walnut Risotto with Arugula Pesto
Wild Mushroom and Walnut Soup
Walnut, Edamame, Grapefruit Bruschetta with Arugula Salad
Spring Lettuces with Candied Walnuts, Dried Cherries and Pecorino
Warm Orzo and Walnut Salad with Garden Vegetables, Chevre and Herbs
Stuffed Peppers Filled with Bulgur-Walnut Pilaf
Spring Linguine with Spinach, Peas and Walnuts
California Walnut and Caramelized Onion Pizza
Candied Walnut Crusted Salmon with Lemon Zest Vinaigrette and Spring Pea Sprouts
Turkey Walnut Mushroom Meatloaf
Pork T-Bone with Walnut Bulgur Pilaf
Walnut Raspberry Chocolate Tartlets
Grilled Open Faced Herbed Goat Cheese Sandwich with Nectarines & Walnuts
New potatoes, fingerling potatoes
Green onions, English peas, leeks, pea sprouts, spinach, asparagus, artichokes, green garlic
Fava beans, fennel, young ginger, mushrooms
Strawberries, cherries, grapefruit, rhubarb, nectarines, avocado
Dried cherries, golden raisins, dried plums/prunes
Rosemary, thyme, sorrel, mint, chives, parsley, fennel, dill
Brown rice, couscous, linguine, quinoa, polenta, millet, bulgur
Angel hair, orzo, scones, muffins, cookies
Whole grain, scones
Sole, halibut, shrimp, sea bass, salmon
Chicken, turkey, duck, quail
Ham, beef, lamb, pork
Bitter, semi-sweet or milk
Goat, ricotta, mozzarella
Starchy & Green Vegetables
All Other Vegetables
Fresh Fruit
Dried Fruit
Fresh Herbs
Whole Grains & Pastas
Bread & Pastries
Seafood
Poultry
Meat
Chocolate
Fresh Cheeses
Produce
Aromatics
Starch
Protein
Chocolate
Cheese
SUMMER
Potatoes
Summer squash, green beans, artichokes, spinach, broccoli, chicory, cucumber, watercress
Corn, bell peppers, eggplant, summer squash, zucchini, jicama, fresh chilies
Raspberries, blackberries, blueberries, peaches, nectarines, plums, apricots, tomatoes
Cherries, golden raisins, peaches, summer savory, grapes, tomatoes
Rosemary, thyme, summer savory, apricots, basil, mint, tarragon, sage, cilantro, lovage
Brown rice, couscous, bulgur, quinoa, farro
Farfalle, fresh noodles
Whole wheat, quick bread, muffins, biscotti
Trout, salmon, shrimp
Chicken, turkey, duck, quail
Beef, lamb, pork
Bitter, semi-sweet or milk
Brie, Camembert, Tellegio
Ripened
Mini Walnut Stuffed Potatoes
Green Bean Salad with Walnuts
Marion Cunningham's Garlic Crumb Walnut Stuffed Artichokes
Summer Corn and Edamame Salad with Walnut Miso Dressing
Corn & Mushroom Stuffed Chiles Rellenos
Top Only Real Blueberry Pie
Grecian Grape and Walnut Salad
Walnut Stuffed Dried Apricots
Spicy Fruits and Walnut Popcorn
Walnut Panzanella
Rosemary and Sea Salt Walnuts
Chicken, Walnut and Brown Rice "Family Favorite" Stir Fry
Broccoli Walnut Noodles
Apple and Walnut Spiced Muffins
Walnut and Anise Biscotti
Rosemary Walnut Focaccia
Grilled Trout with Walnut Meuniere
Chicken & Pork Satay with Walnut Sauce
Chicken Salad with California Walnuts
Pork Tenderloin Stuffed with California Walnuts & Apricots with Maple Glaze
Chocolate Walnut Gelato
Chocolate Walnut Crinkle Cookies
Baked Brie with Curried California Walnuts
Starchy & Green Vegetables
All Other Vegetables
Fresh Fruit
Dried Fruit
Fresh Herbs
Spices
Whole Grains & Pastas
Bread & Pastries
Seafood
Poultry
Meat
Chocolate
Ripened
Produce
Aromatics
Starch
Protein
Chocolate
Cheese
WINTER
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Potatoes, acorn squash, rutabagas, parsnips, turnips
Broccoli, cauliflower, kale, spinach, cabbage, collard greens
Apples, cranberries, pineapple, persimmons, beets, mushrooms, jerusalem artichokes, pears
Dates, dried plums, apricots, papaya, pomegranates, bananas
Citrus, cranberries, raisins, peaches
Dried rosemary, thyme, sage
Cardamom, chili powder, curry, ginger, nutmeg, cinnamon, cloves
Oats, wheat, quick bread, scones, muffins, pancakes
Spaghetti, penne, lasagna
Whole wheat, quick bread, pasta, barley
Tuna, salmon, trout, shrimp, crab
Chicken, turkey, duck, quail, goose
Beef, lamb, pork
Bitter, semi-sweet or milk
Blue Cheeses
Stilton, Gorgonzola
Creamy Blue Cheese Spread with Toasted Walnuts
Walnut Blondies
Chocolate Raspberry Brownie Bites with Walnuts
Chocolate & Gorgonzola California Walnuts Stuffed with Beef Sliders
Walnut Chicken Saute
A Smarter Tuna Salad
Banana Walnut Cookies
Beet-Carpaccio Flatbread
California Walnut Pesto
Walnut Lasagna with Spinach
Walnut Cranberry Bars
Oatmeal Walnut Chicken Salad Sandwich
Curried Mango-Walnut Apples with Toasted Walnuts
Savory Baked Apples with Walnuts
Zinfull Cranberry Relish
Persimmon Walnut Pudding
Marion Cunningham's Steamed Chipotle Haze
Citrus Papaya Salsa with a Walnut Salsa
Tahini Roasted Beet & Feta, and Roasted Walnuts
Penne with Wilted Winter Greens, Walnuts & Cranberries
Smart Colesław with Pears, Walnuts & Cranberries
Smart Glazed Squash with Walnuts and Thyme
Acorn Squash Stuffed with Walnut-Apple Basmati Pilaf
FALL
Pomegranate Glazed Carrots
Roasted Butternut Squash and Walnut Orzo
Lentil Soup with Kale & Walnuts
Mixed Chicories with Shaved Fennel, Pickled Red Onions, Walnuts, and Figs
Cauliflower Gold
Broccoli Slaw with Toasted Walnuts
Sauteed Bosc Pears with Toasted Walnuts
Walnut Dusted Oven-Baked Apples and Pears
Curried Chickpea Salad with Walnuts and Dried Currants
Pear and Walnut Salad with Minted Apricot Nectar Dressing
Royal Walnut Spiced Chicken Salad
Golden Quinoa Salad with Mango and Walnuts
Gnocchi with Butternut Squash, Sage and Walnuts
Double Walnut Grilled Goat Cheese Pizza
California Walnut Breakfast and Snack Cookies
Crunchy Walnut Crusted Salmon Filets
Brilliant Chili Topped with Walnuts
Toasted California Walnut and Feta Stuffed Leg of Lamb
Bittersweet Chocolate Walnut Macaroon Cookies
Mac & Cheese Makeover
Potatoes, turnips, parsnips, carrots, butternut squash, spaghetti squash, celeriac, sweet potatoes
Squash, kale, chard, mustard greens, chilies, lettuce
Peppers, mushrooms, pumpkin, cauliflower, broccoli
Apples, pears, Asian pears, plums, quince, tomatoes, mangoes, pomegranates
Raisins, currants, apricots
Rosemary, thyme, tarragon, sage, basil, mint
Cumin, coriander, cinnamon, dried ground ginger
Rice, couscous, bulgur, oats, quinoa, polenta
Gnocchi, cannelloni
Whole grain, quick bread, scones, cookies
White fish, salmon, trout, shrimp
Chicken, turkey, duck, quail
Beef, lamb, pork
Bitter, semi-sweet or milk
Cheddar, Manchego, Emmenthaler, fontina
Pressed
Starchy & Green Vegetables
All Other Vegetables
Fresh Fruit
Dried Fruit
Fresh Herbs
Spices
Whole Grains & Pastas
Bread & Pastries
Seafood
Poultry
Meat
Chocolate
Produce
Aromatics
Starch
Protein
Chocolate
Cheese