

Cooking with Nuts & Seeds

Roasting: Roasting nuts in the oven brings out their flavor. On a baking sheet in an even layer, roast in oven at 350° for 5-10 minutes, stirring occasionally, until golden brown. Roast dry or use a little oil and season with your favorite spices.

Toasting: Nuts and seeds can be toasted in a dry pan at low-medium heat, stirring often, for about 5 minutes, or until golden. If you add honey or maple syrup at the last minute, you can caramelize the nuts, a tasty addition to any salad.

Blanching: Some nuts like almonds can be blanched to remove skins for recipes that call for blanched nuts, such as biscotti. To do this, bring a pot of water to a boil, add nuts, turn off heat and allow nuts to soak until skins loosen (a few minutes). Stubborn skins? Rub nuts on a towel.

Grinding for meals, flours, and butters: Using a food processor, spice or coffee grinder, pulse nuts until finely ground and they look like moist flour. If you continue grinding and the meal starts to clump and become sticky, you will make nut butter.

Soaking Nuts & Seeds

Nuts and seeds contain phytic acid in the outer skin that prevents them from germinating until conditions are right. Phytic acid inhibits the absorption of minerals, making them somewhat difficult for digestion.

You can reduce phytic acid by soaking the nuts/seeds overnight in plenty of water and then dehydrating or cooking them at a low temperature in oven.

Fruit & Nut Balls

This recipe was taught in a City Market class on healthy snacks for active lifestyles.

Ingredients:

- ½ cup dates
- ½ cup cranberries, dried
- ⅔ cup nuts
- ¼ tsp cinnamon

Instructions:

Place the dates and dried cranberries in a food processor. Pulse until processed to a paste. Add the nuts and cinnamon to the processor and pulse until mixture is well combined. Scrape into a bowl or onto a sheet of parchment paper. If time allows, chill in refrigerator for 20-30 minutes to make the balls easier to shape. Fill a small bowl with water for wetting hands. Using wet hands, shape mixture into balls, bars, or logs. For longer-term storage, store in an air tight container in the refrigerator.



Nuts & Seeds



Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End

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About Nuts and Seeds

Nuts and seeds are nutritious whole foods that contain everything a plant needs to reproduce itself. They have a hard shell that protects them until they reach maturity. Delicious in salads, baked goods, tossed with pasta, and made into pesto, they're also great as a quick snack.

Our Bulk Department houses a wide variety of raw and roasted nuts and seeds as well as grinders to make nut butters. To learn more, check out the table below.

A Guide to Nuts & Seeds

Nuts & Seeds	Uses	Forms in Bulk
Almonds	Ground almonds can be used in place of part of the flour in cookies and cakes; roasted whole almonds add crunch to salads and rice pilafs.	Raw whole, raw sliced, slivered, roasted, seasoned, nut butter
Brazil Nuts	Snacking, trail mix, granola.	Raw whole
Cashews	Sweet and rich, cashews get a soft and meaty texture when cooked; use in curries, rice pilafs, ground in soups, or ground with maple syrup and vanilla for vegan "cashew cream".	Raw whole, pieces, roasted, seasoned, nut butter
Coconut	Unsweetened coconut can be sprinkled on porridge (toasted or raw); in cookies and baked goods; granola; in curries and chutneys.	Shredded unsweetened coconut, maple coconut chips
Flax Seeds	Ground flax seeds provide a lot of omega 3 fatty acids and can be put on almost anything (like porridge or smoothies). Golden seeds have a nutty-buttery flavor. Whole seeds provide fiber but are not well digested by the body.	Golden, brown
Hazelnut	Used in European pastries. Crunchy, nutty flavor. Great with chocolate.	Raw whole
Hemp Seed	Hemp seeds can be eaten raw, ground into a meal, sprouted, made into hemp milk, and used in baking. High in protein, fatty acids, fiber.	Shelled
Macadamia	Snacking, desserts.	Raw, roasted
Peanut	Snacking, trail mix, cookies, African peanut soups and stews, peanut butter.	In shell, raw whole, raw pieces, roasted, seasoned, nut butter
Pecan	Popular in Southern cooking (pecan pie, spiced pecans); also good on salads and sweet potatoes.	Raw whole, roasted, maple glazed
Pine Nuts	Garnish on salads, in Italian cookies and cakes, in pesto.	Raw whole
Pistachios	Snacking, cookies.	In shell, roasted, seasoned
Pumpkin Seeds (Pepitas)	Pepitas are small, green seeds from a variety of pumpkin. They can be ground to thicken sauces (like Mexican mole) and gravy; granola, muffins, breads; snacking.	Raw whole, roasted, seasoned
Sesame Seeds	Unhulled seeds have the high-fiber outer skin intact (but it is somewhat bitter and difficult to digest); hulled are sweeter – used as garnish for Asian salads, to make tahini, or sprinkle on roasted fish, meat, vegetables.	Unhulled, hulled, tahini (sesame paste)
Soy Nuts	Snacking.	Dried
Sunflower Seeds	Snacking; replace for part or all nuts in cookies, muffins, pesto, bread.	Raw, roasted, tamari
Walnuts	Cookies, salads; roasted red pepper and walnut spread; roasted vegetables; cheese plates; Ground walnuts can replace part or all flour in pie crust.	Raw whole, raw pieces, roasted

Storage

Because of their high oil content, nuts and seeds can become rancid quickly if exposed to heat, light or moisture. It's best to store nuts and seeds in the freezer (away from heat and moisture) for up to 1 year. When left at room temperature, they will last about 3 months and will develop a bitter taste if rancid.

Health

Like whole grains and beans, nuts are high in fiber, found in the thin "skin" that surrounds them until they start to grow. They are high in protein and unsaturated fats. Some nuts and seeds, like walnuts and flax seeds, are especially high in omega 3 fatty acids (also found in fish, beans, whole grains, and certain fruits and vegetables). Nuts and seeds also contain vitamins associated with skin and immune health, such as B vitamins and vitamin E, and minerals like calcium, potassium, and iron.

Peanuts & Coconuts

Peanuts are technically a legume, since they grow in pods at ground level. Coconut is the fruit of a palm tree, and not botanically considered a nut. Coconut is high in fiber, and its oil – a plant-based saturated fat – has many health benefits, minerals like calcium, potassium, and iron.

