

Practical Food Ideas

Pecans: From Tree To Table

(NAPSA)—There's a whole lotta shakin' goin' on in America's pecan belt, which stretches from southern Iowa and Indiana south to Texas and Mississippi.



Pecans are not just part of traditional holiday meals; they're part of a healthy diet.

It's harvest time, and the first order of business in the pecan industry is getting those little nuggets of goodness off the tree and onto your table. High in antioxidants, low in carbohydrates, pecans are heart-healthy and menu-friendly. To keep pecans fresh and flavorful, the National Pecan Shellers Association offers the following tips for buying and storage:

- When buying pecans, look for plump kernels that are uniform in color and size.
- Shelled pecans can be refrigerated for up to nine months or frozen for up to two years.
- Airtight containers, such as jars with lids, are best for storing pecans in the refrigerator. Sealed plastic bags work best for storing pecans in the freezer.
- In-shell pecans can be stored in a cool, dry place for six to 12 months.

For recipes and more information on pecans, visit www.ilovepecans.org.