

Nutrition In A Nutshell

Walnuts, An Original Health Nut

(NAPSA)—Here's food for thought: Walnuts are unique among nuts as an excellent source of alpha-linolenic acid (ALA), the plant-based essential omega-3 fatty acid. Naturally sodium- and cholesterol-free, 1 ounce of walnuts—approximately a handful—contains 2.5 grams of ALA, plus protein, fiber, vitamins, minerals and antioxidants. The Romans called walnuts *Juglans regia*, or “Jupiter’s royal acorn,” and other ancient civilizations honored walnuts for their health properties.

A good value, convenient and versatile as a snack or ingredient, walnuts can add great taste and texture to many recipes. For example, try this one that's easy to make and keeps for several days. You can toss pesto with noodles or use it as a sandwich spread or as a dip for fresh veggies.

Mollie Katzen's Walnut Pesto (Makes 4 servings)

- 3 packed cups fresh basil leaves**
- 3 large cloves garlic**
- ½ cup lightly toasted walnuts**
- ½ cup extra virgin olive oil**
- ½ cup grated Parmesan**
- Salt and pepper to taste**
- Optional: additional extra virgin olive oil (for storage)**

1. Place the basil leaves and garlic in a food processor or blender and mix well. Add the walnuts and continue to blend until the nuts are finely ground.

2. Keep the machine running as you drizzle in the olive oil. When you have a smooth paste, transfer to a bowl and



Walnuts add a nutrition boost to this delicious pesto.

stir in the Parmesan. Season to taste with salt and pepper.

3. If you are not going to use the pesto right away, place in a container that has a tight-fitting lid. Smooth out the top surface of the pesto and pour on enough olive oil to cover it completely. This creates an airtight seal that helps preserve it well. Cover tightly and store in the refrigerator.

Now, walnuts may be good for you in a new way. A nationwide “Quest For The Original Health Nut” is under way. Renowned authors and nutrition experts Dr. Brian Wansink, Dr. Michael Roizen, best-selling cookbook author Mollie Katzen and fitness expert Petra Kolber are searching for the one person in America who lives each day to the fullest, leading by example and inspiring others to make healthy decisions. The grand prize includes a trip to Napa, California. Those who nominate a Health Nut will be entered in monthly drawings for other prizes.

Learn More

For details and to nominate your favorite Health Nut by April 15, 2011, visit www.originalhealthnut.org.