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NUTS IN FAMILY MEALS A GUIDE FOR CONSUMERS

UNITED STATES DEPARTMENT OF AGRICULTURE

HOME AND GARDEN BULLETIN NUMBER 176

PREPARED BY
SCIENCE AND EDUCATION ADMINISTRATION

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Prepared by
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On January 24, 1978, four USDA Agencies—Agricultural Research Service (ARS), Cooperative State Research Service (CSRS), Extension Service (ES),

and the National Agricultural Library (NAL)—merged to become a new organization, the Science and Education Administration (SEA), U.S. Department of Agriculture.

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NUTS IN FAMILY MEALS: *A Guide for Consumers*

Nuts contribute rich flavor and crunchy texture to many kinds of foods. Nuts are not only tasty—but nutritious as well. Familiar dishes take on new interest when nuts are added.

Nuts are filling because of their fat content and may prevent between-meal hunger pangs that encourage nibbling.

Most common nuts contain about 10 to 25 percent protein and can be an added source of protein in meals. Peanuts are highest in protein with about 25 percent. Coconuts and chestnuts contain very little protein.

This bulletin is a guide to buying, storing, and using nuts. Recipes feature nuts in main dishes, vegetables, salads, soups, breads, sandwiches, desserts, and snacks. Approximate calorie values for commonly used nuts are listed on [page 2](#).

BUYING NUTS

Kinds Available

Many of the nuts on the market—such as almonds, pecans, filberts, English walnuts, and black walnuts—are grown in this country. Almonds are produced only in California. English walnuts and filberts are produced commercially only in California, Oregon, and Washington. Macadamia nuts are grown in Hawaii and California, and pine nuts (also called piñon or indian nuts) are grown to some extent in the Southwest. Imported pine nuts are sometimes called pignolias.

Other kinds of imported nuts include pistachios from the Middle East, brazil nuts from South America, cashews from India and Africa, and coconuts from the West Indies, Central America, and the Philippines. Chestnuts, although grown in the United States, are usually imported from southern Europe.

Peanuts are not nuts as widely believed; they belong to the pea and bean family—the legumes. They are included here because they are used as nuts in family meals and snacks. Peanuts grow in abundance in the United States. Three common varieties are Virginia, Runner, and Spanish. The shelled Virginia peanut is long and slender; the Runner, small and stubby; and the Spanish peanut, round.

Chestnuts are available only in Winter, but most other nuts are available in some form the year-round.

How Nuts Are Marketed

Nuts may be purchased shelled or unshelled with the exception of cashews, which are sold only shelled. Most nuts sold in shells are not roasted. However, peanuts are usually roasted, and chestnuts are sometimes roasted. If peanuts or chestnuts are roasted, this must be shown on the label.

Shelled nuts are sold raw or roasted and, sometimes, blanched. Roasted nuts may be unsalted, salted, or spiced. Shelled nuts may be purchased ground, or in whole kernels, broken pieces, slivers, and slices.

Shelled nuts are available in bulk and in plastic bags, glass jars, and cans of various sizes. Labels on the containers show the weight and, sometimes, the cup measure.

One of the most common ways of marketing peanuts is in the form of peanut butter.

Although fresh coconuts are often available, coconut is generally found in packages or cans. Canned coconut may contain more moisture than coconut in foil or plastic packages. Frozen prepared coconut is also stocked in some markets.

Cost

Shelled nuts and processed coconut cost more than nuts in shells, but they are convenient and take less storage space.

Because shelled nuts vary widely in price, it's a good idea to compare costs of different brands, forms, and package sizes before buying.

Mixed nuts are priced according to the kinds of nuts and their proportions in the mix.

CALORIES IN COMMONLY USED NUTS

The list below shows the approximate number of calories for shelled nuts:

Calories

per ounce per ¼ cup

[1]

Kind of nut

Almonds, unblanched	170	210
Brazil nuts	185	230
Cashews, roasted	160	195
Chestnuts	55	80
Coconut, fresh, shredded, packed	100	110
Filberts	180	215
Peanuts, roasted	165	210
Peanut butter	165	380
Pecans, halves	195	185
Pistachios	170	185
Walnuts, black, chopped	180	195
Walnuts, English, halves	185	160

[1] Nutmeats are whole and not roasted unless so indicated. Chopped nuts weigh slightly more than whole nuts per cup and are therefore higher in calories per cup.

Form To Buy

Buy the most convenient or economical form of nutmeats for your purpose.

Whole nut kernels make attractive snacks and garnishes. Broken pieces, which are often less expensive and take less preparation, may be used in any food where appearance of the nuts is not important. Slivered or sliced nuts save time and work in preparing garnishes and other foods.

Ground nuts impart nut flavor without crunchy texture.

Shredded or thread-type coconut makes an attractive garnish for salads and desserts. Flaked coconut is usually preferred for pies and cakes because it is easier to cut and serve. Moist or very moist coconut may be desirable to use in foods that are somewhat dry.

Signs of Quality

Nuts in the shell

Choose clean nuts that are free from splits, cracks, stains, or holes.

Do not buy moldy nuts—they may not be safe to eat.

Shelled nuts

Nutmeats should be plump and fairly uniform in color and size. Limp, rubbery, dark, or shriveled kernels may be stale. These visual qualities can be judged in transparent packages.

Sometimes antioxidants are added to delay the onset of rancidity—thus extending the shelf life of packaged nutmeats. When antioxidants, or other preservatives, are added, they are listed on the package. Only those approved by the Food and Drug Administration are used.

Peanut butter

Peanut butter should have a rich nutty flavor and should spread easily. Crunchy peanut butter is produced by adding pieces of peanuts to regular peanut butter.

Stabilizers are often added to peanut butter to retard oil separation. Salt and, occasionally, sweeteners are added for flavor.

Coconut

A good fresh coconut is heavy for its size. Before purchasing, shake the coconut to be sure it contains milk. Avoid cracked coconuts and those with wet, moldy eyes.

Amount To Buy

One pound of unshelled nuts will give the following approximate weight and

volume of shelled nuts:

	<i>Ounces</i>	<i>Cups</i>
Almonds, Whole	$6\frac{1}{3}$	$1\frac{1}{4}$
Brazil nuts, Whole	$7\frac{2}{3}$	$1\frac{1}{2}$
Coconut, shredded	$8\frac{1}{3}$	3
Filberts, whole	$7\frac{1}{3}$	$1\frac{1}{2}$
Peanuts, roasted	$11\frac{2}{3}$	$2\frac{1}{3}$
Pecans, halves	$8\frac{1}{2}$	$2\frac{1}{4}$
Walnuts, black, chopped	$3\frac{1}{2}$	$\frac{3}{4}$
Walnuts, English, halves	$7\frac{1}{4}$	2

STORING NUTS

To maintain best eating quality, most nuts need protection from oxygen in the air and from high temperatures that may cause the fat in the nuts to become rancid.

Nuts in the shell retain high quality longer than shelled nuts. Whole nuts become rancid less quickly than nuts in pieces. Unroasted nuts keep better than roasted ones.

Nuts in the shell keep well in a nut bowl at room temperature for a short period of time. For prolonged storage, keep them in a cool, dry place. Avoid storing nuts in a damp place.

Shelled nuts will keep fresh for several months stored in tightly closed containers in the refrigerator. Shelled nuts in unopened cans keep well in a cool, dry place but will maintain good quality longer in the refrigerator or freezer.

Shelled or unshelled nuts can be frozen in tightly closed freezer containers at 0° F. or lower.

Fresh coconuts in the shell retain good quality up to a month in the refrigerator. Containers of ready-to-eat coconut keep best in the refrigerator.

Peanut butter will keep its quality longer in the refrigerator than at room temperature.

Chestnuts are perishable at room temperature but will keep several months in the refrigerator in loosely covered containers or in ventilated plastic bags.

Shelled, blanched chestnuts (whole or chopped) may be frozen for longer storage. Pack them in tightly closed freezer containers and freeze immediately at 0° F. or lower. Use in cooking without defrosting.

PREPARING NUTS FOR USE

Many nuts are ready for use as purchased. Others require shelling, skin removal, roasting or toasting, or merely cutting into pieces.

Shelling Nuts

Everyone has a favorite way of cracking nuts. Some prefer using a nutcracker, and others a hammer on a hard surface.

Hard shells are easier to crack and nutmeats break less often if nuts are first soaked in warm water several hours or overnight. Spread nutmeats and let them stand a few hours to dry before storing.

To open a coconut, pierce the “eyes” with an ice pick or large nail, and drain the liquid from the coconut.

To remove the shell easily, bake the drained coconut at 350° F. (moderate oven) for 20 to 30 minutes, or put it in the freezer for an hour. Then place the coconut on a firm surface, and tap the shell lightly with a hammer in several places until it cracks. Separate the meat from the shell.

Removing Skins

Removing thick skins from some shelled nuts gives them a delicate flavor and improves appearance. This may be done by placing nuts in boiling water (called blanching) or by roasting.

Almonds and peanuts.—To blanch shelled almonds or Virginia or Runner peanuts, put them into boiling water and let stand 3 minutes. Drain. Slide skins off with your fingers. Spread nuts on absorbent paper to dry. Roasting also will loosen the skins of peanuts, either shelled or unshelled. See [page 5](#).

Filberts.—Spread nuts in a single layer in a shallow baking pan. Bake at 300° F. (slow oven) for 10 to 15 minutes or until heated through, stirring occasionally. Cool slightly, and slip skins off with your fingers.

Chestnuts.—Blanch chestnuts by putting them in boiling water and letting stand 2 minutes. Remove a few at a time, cool slightly, then peel with a paring knife. If nuts are difficult to peel, return them to the hot water for a minute or two. Roasting also will loosen the skins of chestnuts (see [below](#)). Remove shells and skins while nuts are warm.

Coconut.—Use a vegetable parer to remove the brown skin.

Roasting or Toasting Nuts

Roasting or toasting enhances the flavor and color of nuts.

Roasting is done in the oven. Peanuts and chestnuts are commonly roasted in the shell.

Toasting may be done in the oven or on top of the range.

To roast or toast shelled nuts.—Mix 1 teaspoon cooking oil or melted fat with each cup of nutmeats, if desired, for richer flavor and even browning.

To roast or toast, spread nuts on a shallow pan or baking sheet. Heat at 350° F. (moderate oven) for 5 to 12 minutes, or until lightly browned, stirring occasionally.

Toasting may also be done in a heavy pan on top of the range. Heat nutmeats slowly for 10 to 15 minutes until lightly browned, stirring frequently.

Nuts continue to brown slightly after removing from heat, so avoid overbrowning.

Sprinkle hot roasted nuts with salt, if desired.

Cool nuts on absorbent paper.

To roast or toast processed coconut.—Use method for shelled nuts without added fat.

To roast peanuts in the shell.—Spread peanuts in a shallow pan and roast at 350° F. (moderate oven), stirring occasionally, for 15 to 20 minutes.

To test doneness, remove a nut from the oven and shell it. The skin should slip off easily and the kernel should be lightly browned and have a roasted flavor.

To roast chestnuts in the shell.—Slash through the shells on the flat side of the nuts. Place chestnuts, cut sides up, on a baking sheet. Roast at 400° F. (hot oven) until tender—about 20 minutes. Insert fork through cut in shell to test tenderness.

Cutting Nuts

Chop or cut nuts on a board with a knife that has a long, straight cutting edge, or use a nut chopper.

Sliver or slice nuts, while still warm and moist from blanching, with a thin, sharp knife blade.

RECIPES

The versatile nut may come to the dinner table in a variety of ways—as an ingredient in cooking or as a garnish.

Nuts are also popular as a snack or served with appetizers.

Try the nut recipes that follow. All recipes give the number of calories for a specified amount of food. In some cases, the variation of a recipe has a lower calorie value.

Ideas for using nuts to complement familiar recipes are also included.

Using Nuts ... in Main Dishes

Chestnut stroganoff

6 servings, about $\frac{3}{4}$ cup each

Beef, boneless, tender, lean, cut in julienne strips	1½ pounds
Fat or oil	1 tablespoon
Butter or margarine	2 tablespoons
Flour	2 tablespoons
Onion salt	½ teaspoon
Celery salt	½ teaspoon
Paprika	½ teaspoon
Salt	¼ teaspoon
Beef bouillon or beef broth	1¼ cups
Sour cream	½ cup
Cooking sherry	1 tablespoon, if desired
Chestnuts, cooked, mashed (see note)	1 cup
Baked potatoes or cooked rice or noodles	As desired

Lightly brown the meat in fat or oil in a frypan over moderate heat. Drain off any excess fat.

Melt butter or margarine in a saucepan. Blend in flour and seasonings.

Add bouillon or broth slowly, stirring constantly. Stir and cook until smooth and bubbly. Remove from heat.

Blend in sour cream, sherry, and chestnuts.

Add chestnut sauce to meat. Heat just until mixture bubbles, stirring constantly.

Serve over potatoes, rice, or noodles.

NOTE: To prepare mashed chestnuts: Cook 1¼ cups shelled, blanched chestnuts in 1¼ cups boiling water in a covered saucepan for about 30 minutes or until

tender. Drain and mash.

Calories per serving: About 380 for stroganoff excluding potatoes, rice, or noodles.

VARIATION

Gourmet chestnut sauce.—Omit the meat. Serve sauce over cooked meat, potatoes, rice, or noodles. About 180 calories per serving of sauce, $\frac{1}{3}$ cup each.

Nut stuffing

About 2 cups or 6 servings, $\frac{1}{3}$ cup each

Butter or margarine	$\frac{1}{4}$ cup
Onion, finely chopped	$\frac{1}{4}$ cup
Celery (stalks and leaves), chopped	$\frac{1}{4}$ cup
Mushrooms, chopped	$\frac{1}{4}$ cup
Salt	1 teaspoon
Thyme	$\frac{1}{2}$ teaspoon
Poultry seasoning	$\frac{1}{4}$ teaspoon
Cayenne pepper	Dash
Garlic salt	Dash
Bread cubes or coarse, soft crumbs	2 cups
Chicken or beef bouillon or meat broth	$\frac{1}{2}$ cup
Nuts (pecans, cashews, almonds, filberts, or roasted peanuts), finely chopped	$\frac{3}{4}$ cup

Preheat oven to 325° F. (slow).

Grease a 1-quart baking dish.

Melt fat in a heavy pan.

Add onion, celery, mushrooms, and seasonings.

Cook a few minutes until celery is tender but still crisp, stirring occasionally.

Add bread, bouillon or broth, and nuts. Mix lightly but well.

Put stuffing into baking dish. Bake 25 to 30 minutes, or until slightly browned.

NOTE: Stuffing may be used as a filling for chicken or breast of veal or lamb.

Calories per serving: About 200.

VARIATION

Chestnut stuffing.—Use blanched, chopped chestnuts in place of other nuts. About 140 calories per serving.

Mediterranean chicken

6 servings, ¾ cup each

Butter or margarine	1 tablespoon
Onion, finely chopped	1 tablespoon
Celery, chopped	½ cup
Green beans, frozen, french-style	10-ounce package
Pimiento, chopped	1 tablespoon
Chicken, cooked, diced	2 cups
Cream of mushroom soup, condensed	2 cans, 10½ ounces each
Oregano	½ teaspoon
White pepper	As desired
Cashew or roasted peanut halves	⅔ cup
Parsley, minced	1 tablespoon, if desired

Melt fat in 2- or 3-quart saucepan.

Add onion, celery, and beans.

Cover and simmer over low heat about 15 minutes, stirring occasionally, until beans are tender.

Add pimiento, chicken, soup, and seasonings. Cook 10 minutes longer to blend flavors, stirring as needed to prevent sticking.

Stir in nuts.

Sprinkle with parsley before serving, if desired.

Calories per serving: About 310 with cashews; 315 with peanuts.

VARIATION

Mediterranean tuna.—Omit fat and chicken. Cook onion, celery, and beans in $\frac{1}{2}$ cup water instead of fat. Use a 13-ounce can of water-pack tuna, drained, in place of chicken, and almonds in place of other nuts. Continue as in “Mediterranean chicken.” About 305 calories per serving.

Using Nuts ... in Salads

Golden cheese salad

6 servings

Lemon-flavored gelatin	3-ounce package
Boiling water	1 cup
Cream cheese, chilled	1½ ounces
Nuts (pecans, macadamias, or roasted peanuts), chopped	⅓ cup
Crushed pineapple	2 cups
Carrots, shredded	1 cup
Lettuce leaves	As desired

Dissolve gelatin in boiling water.

Chill.

Cut cream cheese into 18 cubes.

Coat cream cheese cubes with nuts and roll into balls.

Stir pineapple and carrots into gelatin. Add cream cheese balls.

Chill several hours or overnight until firm.

Serve on lettuce leaves.

Calories per serving: About 185.

Stuffed date salad

6 servings

Dates, pitted

Peanut butter, crunchy	3 tablespoons
Grapefruit, chilled, sectioned	2
Salad greens	As desired

Fill the dates with the peanut butter.

For each salad, arrange three stuffed dates with grapefruit sections on crisp salad greens.

Calories per serving: About 135.

Nut-Salad Suggestions

6 servings

Chicken-nut in tomato cups.—Add $\frac{1}{2}$ cup cashew, almond, or roasted peanut halves to chicken salad just before serving. Core 6 tomatoes; cut into wedges partially through each tomato. Top tomatoes with salad.

Waldorf-date.—Add $\frac{1}{2}$ cup pitted, chopped dates to a tart waldorf salad. Gently stir in $\frac{1}{2}$ cup pecans, English walnuts, or roasted peanuts. Serve immediately.

Waldorf-grape.—Add $\frac{1}{2}$ cup seeded, quartered red grapes to waldorf salad. Gently stir in $\frac{1}{2}$ cup chopped pecans, English walnuts, or roasted peanuts. Sprinkle with cinnamon, if desired. Serve immediately.

Shrimp-nut in tomato cups.—Add $\frac{1}{2}$ cup cashew or almond halves to shrimp salad. Serve in tomato cups.

Using Nuts ... in Soups

Cream of cashew soup

6 servings, about 2/3 cup each

Butter or margarine	1 tablespoon
Celery, finely chopped	2 tablespoons
Onion, finely chopped	2 tablespoons
Flour	2 tablespoons
Milk	1 cup
Chicken broth or bouillon	2 cups
Salt	1/8 teaspoon
Pepper	As desired
Hickory salt or worcestershire sauce	1/4 teaspoon
Salted cashews, finely chopped	1 cup
Paprika or minced parsley	As desired

Melt fat in a heavy saucepan.

Add celery and onion. Cook, stirring frequently, until tender.

Blend in flour.

Gradually stir in liquids, salt, pepper, hickory salt or worcestershire sauce, and nuts.

Bring to boil, stirring as needed. Cook 1 minute longer.

Garnish, as desired, with parsley or paprika.

NOTE: If preferred, grind 1 cup of nuts and use in place of chopped nuts. Reduce flour to 1 tablespoon.

Calories per serving: About 190.

VARIATION

VARIATION

Cream of peanut butter soup.—Omit the cashews. Reduce flour to 1 tablespoon. Blend in $\frac{3}{4}$ cup peanut butter before adding liquids. About 245 calories per serving.

Using Nuts ... in Breads

Peanut butter muffins

12 muffins

Milk	1 cup
Egg, slightly beaten	1
Oil or melted fat	¼ cup
Flour, unsifted	2 cups
Baking powder	1 tablespoon
Salt	1 teaspoon
Sugar	¼ cup
Peanut butter	½ cup

Preheat oven to 400° F. (hot).

Grease muffin tins.

Blend milk into egg and add fat.

Mix dry ingredients thoroughly; mix in peanut butter only until mixture is crumbly.

Add liquid and mix slightly, leaving batter lumpy.

Half fill muffin tins with batter.

Bake 20 to 25 minutes, or until golden brown.

Calories per muffin: About 210.

Fruit nut bread

1 loaf

Light brown sugar, packed	$\frac{2}{3}$ cup
Shortening	$\frac{1}{4}$ cup
Eggs	2
Flour, unsifted	2 cups
Baking powder	2 teaspoons
Baking soda	$\frac{1}{2}$ teaspoon
Salt	$\frac{1}{2}$ teaspoon
Milk	1 cup
Candied fruit, chopped	$\frac{3}{4}$ cup
Lemon rind, grated	1 teaspoon
Brazil nuts, English walnuts, or pecans, chopped	$\frac{1}{2}$ cup

Preheat oven to 350° F. (moderate).

Grease a 9- by 5- by 3-inch loaf pan.

Beat sugar, shortening, and eggs until creamy.

Mix dry ingredients thoroughly.

Stir dry ingredients and milk alternately into egg mixture. Add fruit, lemon rind, and nuts to last portion of flour mixture before stirring into batter.

Pour into baking pan.

Bake about 1 hour or until toothpick inserted in center of loaf comes out clean.

Cool on rack 10 minutes before removing from pan. Finish cooling on rack.

Calories per $\frac{1}{2}$ -inch slice: About 175.

VARIATIONS

Coconut-orange bread.—Omit candied fruit, lemon rind, and nuts. Add 1 cup flaked coconut and 1 tablespoon grated orange rind. About 145 calories per $\frac{1}{2}$ -inch slice.

Nut bread.—Omit candied fruit and lemon rind. Use 1 cup chopped nuts in

recipe and add $\frac{1}{2}$ teaspoon vanilla. About 165 calories per $\frac{1}{2}$ -inch slice.

Using Nuts ... in Desserts

Coconut cream pudding

6 servings, 1/3 cup each

Cornstarch	3 tablespoons
Sugar	1/4 cup
Salt	1/2 teaspoon
Milk	2 cups
Egg yolks, beaten	2
Butter or margarine	2 tablespoons
Vanilla	1 teaspoon
Shredded or flaked coconut	1/2 cup
Whipped topping	If desired

Mix cornstarch, sugar, and salt in heavy saucepan.

Gradually blend in milk.

Stir over moderate heat about 7 minutes or until mixture thickens.

Stir a little of the hot mixture into egg yolks; then stir yolks into remaining hot mixture. Cook 1 minute longer, stirring constantly.

Mix in fat, vanilla, and coconut.

Serve warm or chilled. Add whipped topping, if desired.

NOTE: For this recipe, use only clean eggs with no cracks in shells.

Calories per serving: About 190 without topping.

EASY METHOD

Combine egg yolks with milk before stirring into cornstarch mixture. Pudding

will not be quite as creamy.

VARIATION

Coconut cream pie.—Fill a baked 8-inch pastry shell with pudding. Add whipped topping and sprinkle with toasted coconut. Cut into six servings. About 308 calories per serving without topping.

Toasted coconut pie shell

8-inch pie shell, 6 servings

Coconut (less moist type)	1½ cups
Butter or margarine	3 tablespoons

Stir coconut in a large frypan over low heat until toasted.

Stir fat into toasted coconut.

Press mixture evenly into 8-inch piepan. Chill.

NOTE: Fill pie shell with a cooled pudding-type filling. Or fill with ice cream and place in freezer for a few minutes until set.

Calories per serving of pie shell: About 160.

VARIATION

Baked coconut pie shell.—Melt fat and mix with untoasted coconut. Press into piepan. Bake at 300° F. for 30 minutes or until browned.

Pecan chess pie

9-inch pie, 8 servings

Brown sugar, packed	1 cup
Granulated sugar	½ cup

Flour	1 tablespoon
Eggs	2
Milk	$\frac{1}{4}$ cup
Butter or margarine, melted	$\frac{1}{2}$ cup
Vanilla	1 teaspoon
Pecans, chopped	$\frac{3}{4}$ or 1 cup, as desired
Pastry shell, unbaked	9-inch

Preheat oven to 375° F. (moderate).

Mix sugars and flour.

Beat in eggs and milk.

Stir in fat, vanilla, and nuts.

Pour mixture into pastry shell.

Bake 40 minutes or until a knife inserted in the center comes out clean.

Cool before serving.

Calories per serving: About 475 with $\frac{3}{4}$ cup nuts; 500 with 1 cup nuts.

VARIATIONS

Pecan tarts.—Divide dough for 9-inch pie into 12 parts. Roll into thin circles and fit into 2½-inch muffin tins. Add filling. Baking time will be slightly less than for pie. About 315 calories each with $\frac{3}{4}$ cup nuts; 330 with 1 cup nuts.

Peanut pie or tarts.—Use roasted peanuts for the nuts. Calories will be about the same.

Peanut butter cookies

4½ dozen cookies

Shortening	1 cup
Peanut butter	1 cup

Granulated sugar	1 cup
Brown sugar, packed	1 cup
Eggs	2
Vanilla	1 teaspoon
Flour, unsifted	2½ cups
Salt	½ teaspoon
Baking soda	¾ teaspoon
Baking powder	½ teaspoon

Preheat oven to 375° F. (moderate).

Beat shortening and peanut butter together until creamy.

Gradually add sugars, beating thoroughly.

Beat in eggs and vanilla.

Mix remaining ingredients and stir into peanut butter mixture.

Shape dough into 1-inch balls. Place about 2 inches apart on an ungreased baking sheet.

Flatten each by pressing criss-cross with a fork.

Bake 10 to 15 minutes until lightly browned.

Remove from baking sheet while warm.

Calories per cookie: About 110.

Sundae nut sirup

About ¾ cup, 6 servings

Butter or margarine	2 tablespoons
Pecans or English walnuts, chopped	½ cup
Brown sugar, packed	¼ cup
Water	2 tablespoons
Light corn sirup	2 tablespoons

Melt fat in a small frypan.

Add nuts and cook over low heat, stirring as needed, until nuts are lightly browned.

Stir in remaining ingredients. Simmer 2 minutes.

NOTE: Serve warm over ice cream.

Calories per serving of sirup: About 150.

Nut meringue shells

6 large or 12 small shells

Cream of tartar	¼ teaspoon
Egg whites	3
Salt	¼ teaspoon
Sugar	¾ cup
Pecans, chopped	1 cup

Preheat oven to 250° F. (very slow).

Add cream of tartar to egg whites and beat until foamy.

Add salt and continue beating until soft peaks form.

Add sugar gradually, beating constantly, until very stiff peaks form.

Fold in chopped nuts.

Drop meringue in 6 or 12 mounds, as desired, onto heavy brown paper or aluminum foil on a baking sheet.

Using the back of a spoon, form a hollow in the center of each mound.

Bake 1 hour. Turn off heat and let meringues cool in oven (1 to 1½ hours).

NOTE: Serve filled with ice cream or a cooled pudding.

Calories per meringue shell: Large, about 240; small, about 120.

Fruit and nut sauce

About 1½ cups, 6 servings

Sweetened frozen fruit (strawberries, red raspberries or mixed fruit), thawed, drained	10-ounce package
Liquid from frozen fruit plus water	1 cup
Sugar	¼ cup
Cornstarch	1 tablespoon
Raisins, chopped	1 tablespoon, if desired
Lemon juice	2 tablespoons
Rum extract	¼ teaspoon, if desired
Pecans, toasted, chopped	¼ cup

Cut large pieces of fruit into bite-size pieces.

Stir fruit liquid gradually into sugar, cornstarch, and raisins in a saucepan.

Cook over medium heat, stirring constantly, until clear and thickened.

Add lemon juice, rum extract, pecans, and fruit.

NOTE: Serve over ice cream or warm cake.

Calories per serving of sauce: About 125.

VARIATION

Coconut-fruit sauce.—Omit raisins and pecans. Toast ¼ cup flaked coconut; sprinkle over the fruit sauce. About 105 calories per serving.

SAUCES THAT BRIGHTEN VEGETABLES

Recipe for 6 servings

Chinese—Melt 3 tablespoons butter or margarine. Stir in 4 teaspoons soy sauce, $\frac{1}{4}$ teaspoon onion salt, and $\frac{1}{8}$ teaspoon white pepper. Heat.

Add $\frac{1}{4}$ cup slivered, toasted almonds.

Sour cream—Mix $\frac{2}{3}$ cup sour cream, $\frac{1}{4}$ teaspoon grated onion, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{8}$ teaspoon white pepper.

If desired, add 1 teaspoon horseradish and $\frac{1}{8}$ teaspoon ground dill seed. Chill.

Stir in $\frac{1}{3}$ cup chopped, toasted almonds or pecans.

Sweet-sour—Blend 2 tablespoons cornstarch, 3 tablespoons sugar, and $\frac{1}{2}$ teaspoon salt into 1 tablespoon melted butter or margarine.

Gradually stir in 1 cup vegetable cooking liquid and water.

Cook, stirring constantly, until thickened and clear.

Blend in 3 tablespoons lemon juice or vinegar. Heat with vegetable.

Sprinkle with $\frac{1}{3}$ cup chopped almonds, English walnuts, or pecans.

Lemon—Blend 2 tablespoons flour, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{8}$ teaspoon onion salt into 2 tablespoons melted butter or margarine.

Gradually stir in 1 cup milk. Cook, stirring constantly, until thickened.

Remove from heat. Blend in 2 teaspoons lemon juice and a few drops of yellow food coloring.

Add $\frac{1}{3}$ cup toasted almonds, cashews, English walnuts, or pecans.

How to serve

Mix with cooked drained cabbage, broccoli, asparagus, or green beans.

Serve over hot baked potatoes, asparagus spears, sliced cucumbers, or beet salad.

Combine with cooked drained onions, beets, or cabbage.

Serve over cooked drained cauliflower, broccoli, asparagus, or potatoes.

Other Nut Favorites

Nippy cheese-nut dip

About 1 cup

Cream cheese, softened	2 packages, 3 ounces each
Mayonnaise	¼ cup
Onion salt	¼ teaspoon
Hickory salt	¼ teaspoon
Garlic salt	Few grains
Nuts (pecans, toasted almonds, cashews, or roasted peanuts), finely chopped	½ cup

Blend cream cheese with mayonnaise and seasonings. Stir in nuts.

NOTE: Serve with chips or crackers.

Calories per tablespoon: About 90 with pecans or cashews; 95 with almonds or peanuts.

Sugar-and-spice nuts

About 4 cups

Butter or margarine, melted	1 tablespoon
Egg white, slightly beaten	1
Unroasted almonds, English walnuts, and/or pecans	2 cups
Sugar	1 cup
Salt	½ teaspoon
Cinnamon	1½ teaspoons
Nutmeg	¾ teaspoon
Allspice	¾ teaspoon

Preheat oven to 300° F. (slow).

Slowly stir melted fat into beaten egg white. Stir in nuts.

Mix sugar and spices.

Spread about one fourth of the sugar mixture in a 10- by 15-inch shallow baking pan.

Coat a few nuts at a time in remaining sugar mixture, and arrange in the pan.

Sprinkle rest of sugar mixture over nuts.

Bake 15 to 20 minutes, or until nuts are lightly browned.

Remove nuts from oven; stir gently to separate nuts.

Cool. Store in tightly closed container.

Calories per tablespoon: About 35.

Cocktail nuts

About 3½ cups

Butter or margarine	2 tablespoons
Salted mixed nuts with peanuts	1 pound
Onion or hickory salt	1 teaspoon
Paprika	½ teaspoon

Preheat oven to 300° F. (slow).

Melt fat in a shallow baking pan in the oven.

Remove pan from oven and stir nuts into fat. Sprinkle with seasonings.

Bake 15 to 20 minutes or until nuts are heated through, stirring occasionally.

Cool. Store in tightly closed container.

Calories per tablespoon: About 55.

For Extra Flavor, Add Nuts

It takes only a little imagination to make “company fare” of plain food. Special recipes are not always needed. Many of your favorite foods are more delicious when you add nuts. Start with these suggestions:

- Serve sour cream with nuts on meat or baked potatoes.
- For waffles, biscuits, or muffins, stir nuts into blended dry ingredients before adding liquid.
- Mix honey or crisp bits of bacon with peanut butter for a sandwich filling; or use peanut butter and cheese slices for a grilled sandwich filling.
- Add nuts to meat, poultry, or seafood salads.
- Try slivered or sliced nuts in tossed vegetable salads.
- Mix coconut with food coloring for garnish.
- Roll ice cream balls in tinted or toasted coconut or chopped nuts. Freeze balls separately until set.
- Use toasted coconut or toasted, chopped nuts as a quick topping for cream pie or ice cream pie.
- Sprinkle cupcakes with nuts before baking and skip the frosting.
- For a spread on crackers or celery, add finely chopped roasted peanuts to cream cheese that has been blended with a little milk.
- Perk up your next vegetable souffle. Add finely chopped nuts along with the vegetable.

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