



December 2009 | Go Green This Holiday Season with The Green Nut!

HOLIDAY STRESSES? Go Nuts (Literally)!

Holidays are filled with fun and family, but sometimes all the festivities can get mighty stressful. Did you know The Green Nut may actually help you combat stress? According to a study conducted by Penn State University, incorporating pistachios in a healthy diet may actually decrease your body's response to stress – including high blood pressure! Now that's something to go nuts about. To learn more about this study visit: <http://www.thegreennut.org/health/research/2008-04-08-smart-for-heart-1.html>

Here are some easy tips on how to incorporate pistachios into your regular holiday routine:

- Add pistachios to your muffin recipe or sprinkle them on top of cereal. Including pistachios in a morning meal will add fiber and protein, helping you stay satisfied for longer.
- Keep a supply of pistachios in your purse or car. That way when you're out shopping and hunger hits, you'll have a heart-healthy treat and won't be tempted to munch from the food court. Hint: try buying just pistachio kernels (pre-shelled) so you don't have to worry about shells when you're on the go!
- Large dinners often result in a lot of leftovers. Try adding pistachios to reheated vegetable dishes for an extra crunch and delicious new taste.

ASK The Green Nut Ambassadors - Kathleen Daelemans



The holiday season gets extremely busy. When there's just no time to sit down and make a nice meal, what are some ways to stay healthy and not pack on the pounds by diving into all those festive, unhealthy treats?



We all know the key to sticking to our health and weight loss goals is planning ahead; sometimes special or stressful occasions, like the holidays, catch us off guard. Thankfully, there are many items you can keep around the house that in a few easy steps can become nutritionally sound snacks or mini meals. The most important rule about snacks is to limit the consumption of empty calorie foods (i.e. foods that have little or no nutritional value), especially when it comes to serving your children. Try these great snacks and mini meals:

1. Pistachio Trail Mix. To prepare; toss together any quantity of potassium-rich, heart-healthy pistachios, dried cranberries, dried blueberries and dried cherries. Divide trail mix equally into freezer-safe zipper bags. Store in freezer but keep at least one or two bags out at a time. Keep them where you'll need them -- in your car if you're car-pooling a lot and in your purse or briefcase.
2. Oatmeal to Go. Whole grains sustain! Oatmeal isn't just for breakfast anymore. Top a bowl of oatmeal with your favorite fruit for added nutrients and a serving of pistachios for protein. Oatmeal-to-go is the perfect solution when you're "starving" and caught off guard.
3. Waffle PB&J. Top a toasted whole wheat waffle (available in most freezer sections) with pistachio butter and jelly. Tip: to make creamy pistachio butter, place unsalted, shelled pistachios in a food processor and pulse until smooth. For chunky pistachio butter, don't pulse as long. Season to taste with fine grain sea salt, sea salt flakes or iodized salt. (Though I'm a fan of Kosher salt, the coarse grains are too large for this recipe and won't dissolve.)



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Kathleen's success story resonates with millions. She personally lost 75 pounds while creating a new regional cuisine for one of the world's most luxurious five-star resort and spas, The Grand Wailea, in Maui, Hawaii. She understands firsthand the importance of finding a balance between a love for food and a need to be healthy. Introducing her healthy cooking through The New York Times best-selling cookbook, "Cooking Thin with Chef Kathleen: 200 Easy Recipes for Healthy Weight Loss," a show on the Food Network and numerous featured recipes in publications such as *Bon Appetit*, *Wine Spectator*, *Gourmet*, *Food & Wine* and *EatingWell*, Kathleen has made a name for herself in the realm of healthy cooking.

Kathleen is a contributing chef to one of the country's most respected nutrition magazines, *Prevention*, and regularly contributes to NBC's *The Today Show*. Aside from her healthy cooking, her savvy advice and lifestyle tips have also been featured in numerous fashion and fitness magazine including *Elle*, *Shape*, *Self*, *Harper's Bazaar*, *L.A. Style*, *Fitness*, *Esquire* and *House Beautiful* among countless others. Learn more about Kathleen at www.kathleendaelemans.com.

RECIPE Of The Month



Festive Fruit and Pistachios "Snow Balls"

A no-bake, make-ahead treat, this perfect combination of fruit and pistachios is both nutritious and delicious. Rolling them in shredded coconut gives them their festive "snow ball" appearance.

Yield: about 3 dozen cookies

Prep Time: 45 minutes

Total Time: 1 1/2 hours

Ingredients:

3/4 cup sugar

1/2 cup dried cranberries

1/2 cup pitted and snipped dates

2 large eggs, beaten

1 cup chopped pistachios, preferably unsalted

1 teaspoon rum extract

3/4 cup shredded coconut

Instructions:

Combine sugar, cranberries, dates and eggs in a medium saucepan. Cook over medium-low heat, stirring constantly, until the mixture thickens, is pale yellow in color, registers at least 170°F on an instant-read thermometer and when a spoon is pulled through it and leaves a clear trail. This will take 6 to 14 minutes, depending on how hot your stove's "medium-low" setting is.

Remove from heat; stir in pistachios and rum extract. Let stand until cool enough to handle, about 45 minutes.

With damp or lightly oiled hands, form the mixture into 1-inch balls (about 1 generous teaspoon each). Roll each ball in coconut. Place the finished balls on a baking sheet lined with wax paper and store in the refrigerator.

Make Ahead Tip

Place on wax paper; store in an airtight container in the refrigerator for up to 5 days or freeze for up to 1 month.

Nutritional Information - amount per serving (one cookie):

Calories 64, Carbohydrates 9g, Fat 3g, Saturated Fat 1g, Monounsaturated Fat 1g, Protein 1g, Cholesterol 12mg, Dietary Fiber 1g, Potassium 49mg, Sodium 9mg

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