



PLANT-BASED EATING

RESOURCE GUIDE



Cracking the Basics of Plant-Based Eating

What It Is

Fruits and vegetables, whole grains and a variety of protein-rich foods like beans and peas, nuts, seeds and soy (like edamame) are the mainstays of plant-based eating. Low-fat milk and dairy products, seafood, lean meat, poultry and eggs can also be included if desired, but are not the focus of plant-based menus. It is not exclusionary, but rather about being more mindful of plant sources of protein. The use of sugars, salt and saturated fats should all be minimal.

Why Plant-Based?

Compared to a typical British diet, a plant-based philosophy is higher in unsaturated fats and fibre, both of which support better health. It can be more nutrient-dense, and contain more vitamins, minerals and phytonutrients, all which help to reduce your risk for chronic disease. Plant-based diets offer a great variety of flavours and textures.



Less Meat, Not Meatless

Plant-based eating doesn't have to be vegetarian or vegan. There are a number of plant-based eating plans like the Mediterranean Diet and Dietary Approaches to Stop Hypertension (DASH) that include small amounts of poultry, lean red meat and seafood. If you prefer an entirely vegetarian regimen, however, there are plenty to choose from. Part of the beauty is that plant-based eating is customisable to your unique preferences. For some, the transition to a diet with more plant-based foods is best accomplished through gradual steps. In general, the recommended serving size for animal protein in a meal is 85g. Try making that three ounce threshold your first goal, then reduce the meat content from there as desired.

Plants & Protein

Plant sources of protein include nuts, beans and other legumes, peas, seeds, tofu, tempeh (a fermented soy product), and whole grains like brown rice, farro, sorghum, and quinoa. When combined with walnuts, plant-based dishes can be just as satisfying as comparable portions of meat-based dishes, due to plant-based meals being higher in fibre. They don't call it "walnut meat" for nothing.

Good Fats

Good fats are good for you. Research has uncovered benefits to eating good, unsaturated dietary fats found in foods like nuts (walnuts), flaxseed, plant oils (canola, soybean, safflower, and extra virgin olive oil), salmon, mackerel, and avocado. Walnuts are the only nut that has a significant source of the plant-based omega-3 alpha-Linolenic acid, or ALA (2.5 grams/ounce).

Where to Start

Focus on adding. Instead of dining on just chicken and rice, add a cup of sautéed broccoli, roasted carrots or mix in cauliflower rice. Fruits like peaches and berries make for delicious plant-based additions to desserts. For snacks, try setting out a bowl of toasted or seasoned walnuts to nibble on throughout the day. Plant-based eating is not an all-or-nothing proposition. If it helps you get started, choose just one day each week to focus on plant-based meals.

Too Busy to Cook?

A slow cooker or pressure cooker is the most important ally a busy plant-based eater can have. One-pot meals can simmer to flavourful perfection while you're working or sleeping. They also happen to be a great way to cook dried beans. When dining out, Mediterranean, Asian and Mexican cuisines typically offer more options for people wanting to include vegetables and beans.

Your Next Meal

Now that you know, it's time to take action. Check out the plant-based recipe collection page for a variety of tasty ideas, and make your next meal the first in a shift toward healthier eating.



Plant-Based Eating Tips and Tricks

By Wendy Bazilian, DrPH, RD

Think plant-based eating is difficult? Think again! With a few tips and tricks, you'll be eating more tasty plant-based meals in no time. There's no need to overhaul your diet overnight, just start with a single meal or recipe, and then begin to incorporate more plant foods. For recipe ideas, visit the plant-based recipe collection page at californiawalnuts.uk.



*Lentil Walnut "Meatballs"
and Spaghetti*

- Plant-based is not “all or nothing.” You don’t have to go meat-free to be more plant-based. Try adding veggies to your favourite recipes and comfort foods. You’ll boost the nutrition while reducing some of the saturated fat and calories.
- Start your meal with a soup or salad. It ensures veggies will be featured and provides a good way of slowing down the meal pace, too.
- Swap in plant proteins for animal proteins. Kidney or chickpeas, lentils, nuts, like walnuts, and seeds, and high-quality soy protein, like edamame or tofu, are all great options.
- Substitute or add chopped mushrooms and/or walnuts for meat in numerous dishes. Their textures and savoury taste are perfect as meat substitutes.
- Take meat off the menu just once a week. Maybe you’ve heard of Meatless Monday? You can also choose other days of the week to think about a more plant-based diet. Tofu Tuesday? Walnutty Wednesday? Fruit-forward Friday? Salad Saturday? Soup-er Sunday? Think about identifying one day each week where plant foods and plant proteins are front and centre at every meal.
- Feature a fruit bowl. When you have fruits and veggies displayed in a visible location, you’re more likely to choose them.
- Include nuts, like walnuts, each day in a simple way. Eat a few with your morning oatmeal or on your salad at lunch. Try them in a trail mix at snack time, as the coating for salmon or chicken, or mixed into a bean-based burger or stir-fry at dinner.
- Broaden your bean repertoire. Are you stuck in a hummus rut? Try blended white or black beans as a dip instead. Add black beans to salads and pasta dishes. Enjoy lentils and soybeans in soups and stews, too.
- Treat meat and poultry as the side, instead of the main feature. Make vegetables, beans and grains the entrée. A salad, hearty stew or casserole can be the main event. A big plate of roasted vegetables with a bean burger or a veggie stir-fry with edamame and walnuts make for flavourful, colourful, filling, and nutritious options.
- Though seafood is obviously not from the plant kingdom, it does contain good fats and protein. For those who choose to include seafood in their plant-based meals, the Dietary Guidelines for those who choose to include seafood in their plant-based meals, the UK Eatwell Guide recommends consuming two portions of fish per week, one of which should be oily.
- Use fresh or dried herbs and spices. They are plants and they are flavour! That’s a win-win when it comes to making a plant-based diet enjoyable. Try freshly grated ginger in a stir-fry, a dash of pumpkin pie spice mixed into your oatmeal, or a sprinkle of oregano in your salad dressing or soup.
- Roast, broil, bake or grill your veggies. Steamed veggies are fine, but other healthy cooking methods can bring out different flavours that make your veggies really taste special.



**Walnut Raspberry
Salad and Raspberry
Vinaigrette**



8 Easy Ways to Replace Saturated Fats with Unsaturated Fats

By Wendy Bazilian, DrPH, RD

Fats are good. They are an important part of your daily diet and play an essential role in human health from head (brain!) to toe (joints!), and every cell in between. Fats also help us feel full and ensure healthy communication between nerve impulses and the transfer of nutrients through the bloodstream. It's a balancing act, and some types of fat work more in favor of our health than others.

Research has also shown that swapping out saturated fats (animal fats like butter, cream and fat on meats) with unsaturated fats, especially polyunsaturated fats, has a positive impact on heart health^{1,2}. In fact, the latest Eatwell Guide recommends reducing saturated fat intake and in particular, shifting food choices from those high in saturated fats to those high in polyunsaturated fats³.

Unsaturated fats are found in foods such as walnuts, seeds, plant oils, avocados, and fatty fish like salmon, mackerel, herring, and sardines. In just a 28g handful, walnuts provide polyunsaturated fat (13g), offering an excellent source of alpha-linolenic acid (ALA), the plant-based form of omega-3 fatty acids (2.5g). Science continues to uncover the benefits of ALA.

¹ Farvid MS, Ding M, Pan A, Hu FB, et al. Dietary Linoleic Acid and Risk of Coronary Heart Disease: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. *Circulation*. 2014;130(18):1568-1578.

² Li Y, Hruby A, Bernstein AM, Hu FB, et al. Saturated fat as compared to unsaturated fats and sources of carbohydrates in relation to risk of coronary heart disease: A prospective cohort study. *J Am Coll Cardiol*. 2015;66(14):1538-1548. doi: 10.1016/j.jacc.2015.07.055.

³ U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>



Here are a few easy ways to help make some smart swaps for saturated fat!

- Substitute a blend of chopped walnuts and mushrooms, beans or cauliflower for some or all of the meat in your own favourite recipes. Try the veggie and bean-rich Brilliant Chilli topped with Walnuts recipe* for a hearty new mealtime staple.
- When baking, replace a third to half of the butter with high-quality vegetable oils or other more nutritious and lower-calorie options like plain fat-free Greek yoghurt, apple sauce, pumpkin, mashed prunes or fruit compotes. You can use this strategy in homemade recipes and with boxed mixes, too.
- In recipes that call for butter, try using extra virgin olive oil in its place or use a mix of butter and extra virgin olive oil and you'll cut the saturated fat in half.
- Try spreading avocado instead of cream cheese on whole grain bagels and toast. Puréed avocado also works well for a replacement in creamy sauces. Try the Eggs Benedict with Avocado "Hollandaise" recipe* for a lighter take on this classic breakfast favourite.
- At snack time, choose a homemade trail mix (like walnuts, dried cherries and a few dark chocolate chunks) or veggies and hummus instead of packaged crackers or cookies. You'll reduce the saturated fats and boost the nutrition (and be more satisfied, too!)
- Watch your portion size with red meat and try swapping one meal each week with fish or beans. For burger night, try blackened salmon fillets instead of ground beef patties.
- Instead of cheese and croutons on your salad, add nuts. You'll get the same satisfying effect that will help boost your energy without as much saturated fat. The unsaturated fats, protein and fibre will help you stay satisfied and energised all afternoon. Try a mixed greens salad with chickpeas, tomatoes, apple slices and chopped walnuts. Drizzle with extra virgin olive oil and balsamic vinegar for that added yum-factor!
- Instead of eating the skin of the chicken, try my Easy "Oven-fried" Walnut Crusted Chicken. It removes the saturated fat in the skin but retains the moisture and flavour of the meat. Add a cup of roasted veggies and ½ cup wild rice, and you have a healthy, delicious meal.

Easy "Oven-Fried" Walnut Crusted Chicken

Serves: 4

4 170g bone-in chicken breasts, skins removed
270g low-fat buttermilk
1 tablespoon Dijon mustard
3-4 cloves minced garlic
65g finely chopped California walnuts
25g panko breadcrumbs
40g yellow cornmeal
18g millet
2 teaspoons paprika (or smoked paprika)
3/4 teaspoon cayenne (optional)
1 teaspoon dried thyme leaves
1 teaspoon dried oregano leaves
1/2 teaspoon coarse-cracked black pepper
1/2-3/4 teaspoon sea salt (or less to taste)
Lemon wedges

Nutrition Information (1 chicken breast): Calories: 387, Total fat 15g, Saturated fat 2g, Monounsaturated fat 2.6g, Polyunsaturated fat 8g, Trans fat 0g, Sodium 578mg, Cholesterol 125mg, Total carbohydrate 19g, Sugars 2g, Dietary fibre 3g, Protein 44g

*Recipe available on walnuts.org

Directions:

- In a bowl or glass measuring cup, whisk buttermilk, Dijon and garlic. Place chicken in a large bowl or resealable zip-top bag and pour the buttermilk mixture over it. Toss to coat, cover or seal well and refrigerate 2 to 24 hours, turning every so often. (This is a good recipe to start the prep the night before or in the morning to finish by coating and baking for dinner that night.)
- Preheat oven to 175°C.
- Mix the panko breadcrumbs, walnuts, cornmeal, millet, spices and herbs in a bowl or large resealable zip-top bag.
- Add each piece of chicken one at a time and shake in the bag (or toss in the bowl) until well covered. Discard the buttermilk marinade.
- On a baking pan sprayed with oil, or lined with a silpat or parchment paper, bake for 45-60 minutes until golden brown and internal temperature is 75°C.
- Serve with lemon wedges, a vegetable side or salad and a whole grain like quinoa or brown rice (optional).



Roasted Walnut and Cauliflower Tacos

Prep Time: 30 min, **Cook Time:** 40 min, **Total Time:** 1 hr, 10 min
Serves: 6, **Serving Size:** 2 tacos

Use a blend of roasted walnuts and cauliflower as a taco filling instead of traditional options. Walnuts provide four grams of plant-based protein per ¼ cup, plus the seasoned cauliflower and walnut mixture acts as a convincing meat substitute, appealing to both vegetarians and meat-lovers.

Ingredients

Filling:

1 head cauliflower, small, chopped
125g California walnuts, chopped
2 tablespoons olive oil, divided
115g onion, minced
2 teaspoons garlic, minced
1 jalapeno, medium, seeded, minced
125ml water
55g tomato paste
2 teaspoons chilli powder
1 teaspoon cumin, ground
1 teaspoon oregano, dried
½ teaspoon salt, or to taste

Tacos:

12 tortillas, corn, small, warmed
150g green cabbage, shredded
75g Cotija cheese, crumbled
65g California walnuts, chopped, toasted
Cilantro leaves, fresh
Lime wedges

Directions:

1. Preheat oven to 245°C. Coat cauliflower with 1 tbsp. olive oil; place on a baking sheet and roast for 25 to 30 minutes or until lightly browned.
2. Reduce oven temperature to 175°C and toast walnuts for 5 minutes or until lightly browned. Add to pan with cauliflower.
3. Heat remaining olive oil in a large skillet over medium-high heat. Add onion and sauté for 5 minutes or until lightly browned. Add garlic and jalapeno cook for 2 minutes more. Stir in water, tomato paste, chilli powder, cumin, oregano and salt; cook until mixture is thick and excess water has cooked off. Stir in cauliflower mixture.
4. Spoon mixture into warmed tortillas and top with cabbage, cheese, walnuts and cilantro. Serve with lime wedges.

Optional: Cauliflower mixture may be ground in a food processor so that it resembles the texture of ground meat.

Nutrition information per serving: 437 calories, 30g total fat, 5g saturated fat, 16g polyunsaturated fat, 6g monounsaturated fat, 15mg cholesterol, 515mg sodium, 541mg potassium, 37g total carbohydrate, 4g total sugars, 7g dietary fibre, 12g protein



Plant-Based Shopping List

When you have the right ingredients on hand, making delicious plant-based meals can be a fresh and fun adventure. Remember, plant-based eating is not “all or nothing.” You don’t have to go meat-free to be more plant-based. Feel free to add and subtract from this list, based on preferences and your own personal meal plan.

PANTRY GOODS

Key ingredients to have on hand for quick, flavourful meals. Look for low or reduced sodium options when buying canned or jarred goods.

- ☐ Dried or canned beans and lentils
- ☐ Canned tuna or salmon
- ☐ Canned tomatoes (diced or whole), tomato sauce or paste and vegetable juice
- ☐ Soy sauce or tamari
- ☐ Extra virgin olive oil
- ☐ Vinegars (balsamic, apple cider, red wine)
- ☐ Spices, herbs and blends (chilli powder, curry, garlic & herb, garam masala, etc.)
- ☐ Nut and/or seed butters (or make your own walnut butter)
- ☐ Vegetable broth (versatile for cooking with or without meat and poultry)
- ☐ Low-fat evaporated milk as a replacement for whole milk or cream

VEGETABLES/FRUITS

Choose your favourite fresh, frozen or canned fruits and vegetables—all are healthful! Be sure to eat with the seasons, which ensures the produce is at peak flavour.

- ☐ Artichokes
- ☐ Cruciferous vegetables (broccoli, cabbage, cauliflower, etc.)
- ☐ Winter or Summer squash
- ☐ Leafy green vegetables
- ☐ Peas
- ☐ Carrots
- ☐ Tomatoes
- ☐ Avocados
- ☐ Mushrooms
- ☐ Peppers
- ☐ Onions
- ☐ Garlic

- ☐ Root vegetables (beets, parsnips, etc.)
- ☐ Potatoes
- ☐ Bananas
- ☐ Apples
- ☐ Pears
- ☐ Citrus
- ☐ Berries
- ☐ Grapes
- ☐ Melon
- ☐ Dates and dried fruit

REFRIGERATED

- ☐ Walnuts (freeze if storing for longer than one month)
- ☐ Fish/seafood
- ☐ Poultry
- ☐ Tofu
- ☐ Tempeh
- ☐ Eggs
- ☐ Cheeses
- ☐ Low-fat and non-fat milk
- ☐ Alternative milks such as walnut or soy (look for fortified options)
- ☐ Yoghurt (Greek or plain non-fat/low-fat)

GRAINS

- ☐ Steel-cut or old-fashioned oats
- ☐ Ancient grains (quinoa, farro, millet, bulgur)
- ☐ Whole grain, low-sugar cereals
- ☐ 100% whole wheat bread
- ☐ Whole grain pasta
- ☐ Brown or wild rice
- ☐ Whole wheat flour





*California Walnut
Falafel Buddah Bowl*

Plant-Based Recipe Collection

Start rethinking the centre of your plate at breakfast, lunch and dinner with this selection of fresh and deliciously colourful plant-based recipes.

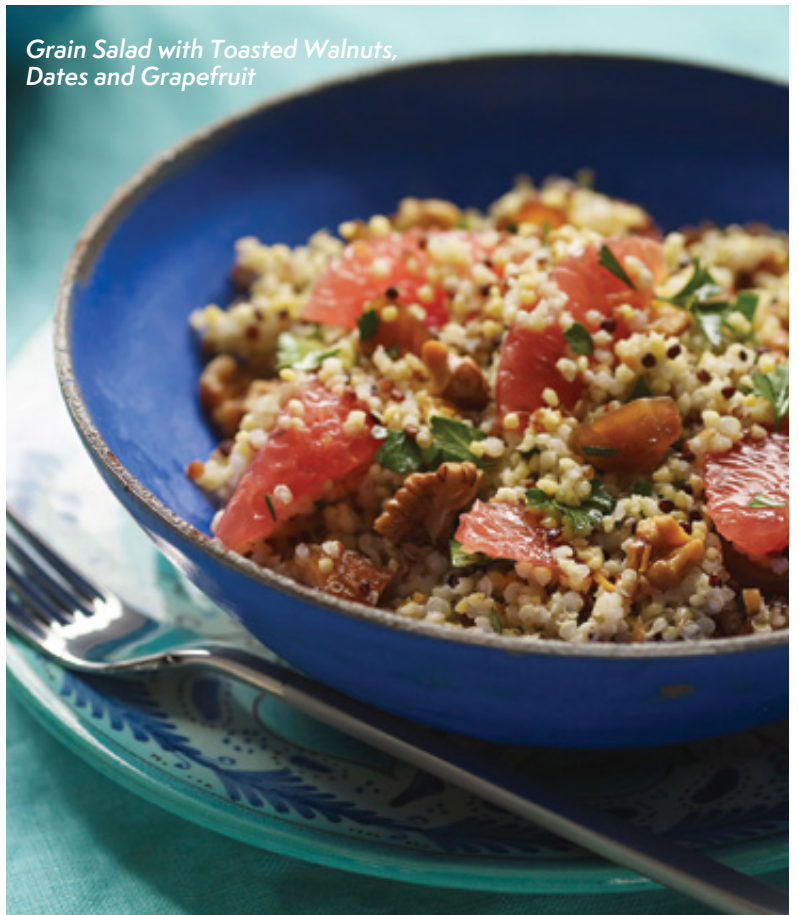
To view our entire collection of plant-based recipes, visit californiawalnuts.uk/recipes



*Roasted Root Vegetable Soup
with Rosemary Walnuts*



*California Walnut
Lemony Spaghetti*



*Grain Salad with Toasted Walnuts,
Dates and Grapefruit*



*California Walnut
Mushroom Burgers*

BREAKFAST AND BRUNCH

Breakfast remains the most important meal of the day, and sometimes you need a little creative inspiration.

- Breakfast Quinoa with Walnut Cream and Blueberries
- Walnutty Egg and Bell Pepper Gratin
- Walnut, Berry and Beetroot Smoothie Bowl
- California Walnut and Apple Bircher Pots
- Buckwheat, Sour Cherry and California Walnut Granola
- Nutty Breakfast Parfait
- California Walnut Chorizo Frittata
- Walnut and Feta Frittata with Gulf Shrimp

DINNER

Restore the energy spent during the day with one of our distinctive plant-based dinners, sure to be loved by family and friends as well.

- Walnut Mushroom Enchilada Casserole
- Lemony Zucchini Salad with Walnuts
- Curry Pumpkin Walnut Soup
- Buckwheat Noodle Salad with Greens and Walnuts
- Grilled Walnut Pizza with Roasted Pepper and Cauliflower
- Roasted Root Vegetable Soup with Rosemary Walnuts
- California Walnut and Lemon Parsley Spaghetti
- California Walnut and Mushroom Burgers with Cucumber and Walnut Salad
- California Walnut Meat Free Bolognese
- Roasted Walnut and Cauliflower Tacos
- Sweet-Sour Stir-Fry with Walnuts
- Lentil Walnut "Meatballs" and Spaghetti
- California Walnut Falafel Buddha Bowl

SIDES

Easing your way into plant-based eating? These wholesome sides are a great start.

- Cranberry and Walnut Coleslaw
- Farro with Beets, Olives and Walnuts
- Jicama, Carrot and Apple Slaw with California Walnuts
- Citrus-Papaya Salsa with a Chipotle Glaze
- Walnut, Black Olive and Dried Tomato Spread
- Grain Salad with Toasted Walnuts, Dates and Grapefruit
- Walnut Raspberry Salad and Raspberry Vinaigrette

SMALL BITES

At times, nothing is better than a snack-size meal. Reach for plant-based recipes when hunger strikes or when sharing with others is the thing to do.

- Rosemary and Chilli California Walnuts
- California Walnut and Seed Crackers
- California Walnut and Carrot Hummus
- California Walnut Butter
- Sweet Potato Toast with California Walnut Spread
- Mango and California Walnut Trail Mix
- Yoghurt, Sun-Dried Tomato and Basil Dip

KID-FRIENDLY RECIPES

A collection of recipes so fun and delicious, the kids won't just eat them, they'll want to help prepare them.

- Awesome Banana-Walnut Shake
- Brilliant Chilli Topped with Walnuts
- Chicken Walnut Lettuce Wraps
- Chunky Maple Walnut Spread
- Fruity Walnut Butter Wraps
- Cranapple-Walnut Crumble
- Dried Fruit and Walnut Granola
- Fish Tacos with Walnut Slaw

DESSERT

Indulging doesn't have to mean derailing. Keep your conscience cool with this selection of plant-based desserts.

- Baked Walnut-Stuffed Pears
- Walnut Raspberry Chocolate Tartlets
- Stone Fruit with Whipped Walnut Lemon Honey
- Chocolate Walnut Curried Truffles
- Chocolate Walnut Gelato
- Mini Walnut Apple Pies
- Mexican Dark Chocolate Cinnamon-Coated Walnuts





Interested in learning more? Please contact:

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