



GO NUTS!

These recipes make nutrient-dense nuts
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By Kate Morgan

Photos: Terry Brennan; Food Styling: Betsy Nelson



Thai Cashew Beef and Basil Bowls



Georgian Walnut Dumplings



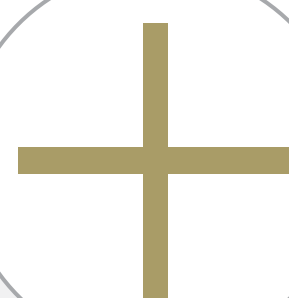
Senegalese Maafe (Peanut Stew)



Low Country Pecan-Crusted Red Snapper With Collard Greens



Grecian Hazelnut and Orange Olive-Oil Cake



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Thai Cashew Beef and Basil Bowls

Makes two to three servings

Prep time: 15 minutes, plus up to 12 hours for
marinating

Cook time: 20 minutes

FOR THE MARINADE:

- 1 tbs. muscovado sugar (or brown sugar)
- 1½ tbs. fish sauce
- 2½ tbs. oyster sauce
- 1 dried Thai chili pepper, minced
- 1 clove garlic, minced
- 1½ tbs. lime juice

FOR THE BOWLS:

- 10 oz. tri-tip or sirloin, sliced into thin strips
- 1 8-oz. package wide rice noodles
- 3 tbs. extra-virgin olive oil, divided
- 1 cup whole or halved unsalted cashews
- 3 green onions, whites minced and greens cut into ½-inch-long pieces
- 2 cloves garlic, minced
- ½ cup roughly chopped fresh basil
- 1 tbs. roughly chopped fresh mint
- Sriracha, to taste (optional)

FOR THE SAUCE:

- ½ tbs. oyster sauce
- 1 tsp. dark soy sauce (or tamari)
- 2 tsp. fish sauce
- ½ tsp. lime juice
- 2½ tbs. water

DIRECTIONS:

- 1.** Mix the marinade ingredients in a bowl, add the sliced beef, and toss to coat. Cover and marinate in the refrigerator for at least one hour or overnight.
- 2.** Cook the noodles according to package directions, drain, and set aside. Whisk the sauce ingredients in a small bowl until combined.
- 3.** Heat 2 tablespoons of the oil in a wok over medium-low heat and add the cashews. Cook, stirring constantly to avoid burning the nuts, for two to four minutes or until the nuts are golden and slightly crisp. Remove from the wok and wipe out any excess liquid.
- 4.** Heat the remaining 1 tablespoon of oil and add the white part of the onions. Raise the heat to medium, add the marinated sliced beef, and sauté until it's cooked through and beginning to brown, one to two minutes.
- 5.** Add the garlic and sauté until fragrant, about 30 seconds. Add the herbs and green part of the onions, and toss until the herbs are just wilted. Stir in the cashews.
- 6.** Add the noodles to the wok and pour in the sauce, tossing until everything is coated. Serve topped with sriracha, if desired.

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Georgian Walnut Dumplings

Makes 12 dumplings

Prep time: 15 minutes, plus 30 minutes to rest
the dough

Cook time: 20 minutes

FOR THE WRAPPERS:

- 1½ cups all-purpose flour
- ½ cup water, plus more as needed

FOR THE FILLING:

- 1 cup chopped walnuts
- ½ large eggplant, chopped
- ½ onion, chopped
- 2 cloves garlic, chopped
- ½ tsp. sea salt
- ½ tsp. ground coriander
- ½ tbs. ground cumin
- 1 tbs. paprika
- ½ tbs. lemon juice
- 3 tbs. melted butter, divided
- 2 tbs. minced parsley, divided

DIRECTIONS:

- 1.** To make the dumpling wrapper dough, add the flour to a medium bowl and use your hands to work in the water. If the mixture is still dry or shaggy, add more water a teaspoon at a time until a smooth dough forms. Cover and set aside to rest for at least 30 minutes. (Gluten-free eaters can substitute store-bought gluten-free dumpling wrappers.)
- 2.** To make the filling, add the ingredients to a food processor and pulse until well-mixed but still coarse.
- 3.** Bring a large pot of salted water to a boil.
- 4.** On a floured surface, roll out the dough as thinly as possible. Use a round cutter or the rim of a glass to cut circles approximately 3 inches in diameter. In the center of each, place about a tablespoon of filling. Pinch the sides together to form a pouch shape, and gently twist to seal.
- 5.** Boil a few dumplings at a time, being careful not to crowd the pot. Once they float to the surface, cook for two to three more minutes, then use a spider or slotted spoon to remove the dumplings from the water. Serve with a drizzle of melted butter and a sprinkle of parsley.

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Senegalese Maafe (Peanut Stew)

Makes four servings
Prep time: 20 minutes
Cook time: 1 hour 15 minutes

INGREDIENTS

- 3 tbs. extra-virgin olive oil, divided
- 4 boneless, skinless chicken thighs
- 1 tsp. sea salt, divided
- 1 cup chopped carrots
- 1 green bell pepper, diced
- 1 orange bell pepper, diced
- 1 jalapeño pepper, minced
- 1 onion, minced
- 1 medium sweet potato, diced
- 2 cloves garlic, minced
- 1 tbs. paprika
- 1 tsp. ground ginger
- 8 oz. tomato sauce
- 1 cup natural creamy peanut butter
- 32 oz. chicken broth
- 2 cups cooked white rice, for serving

DIRECTIONS:

- 1.** In a large, heavy-bottomed pot or Dutch oven, heat 2 tablespoons of the oil over medium heat. Pat the chicken thighs dry with a paper towel and season with $\frac{1}{2}$ teaspoon of the salt. Add the chicken thighs to the pot and cook until browned, about five minutes per side, then remove and set aside.
- 2.** Add the remaining tablespoon of oil to the pot, then add the carrots, peppers, onion, and sweet potato and sauté until softened, about five to seven minutes. Add the garlic and sauté until fragrant, about 30 seconds. Add the paprika, ginger, and remaining $\frac{1}{2}$ teaspoon of salt, and stir to coat the vegetables.
- 3.** Add the tomato sauce and peanut butter and stir until well combined. Add the chicken back to the pot and pour in the broth. Bring to a simmer, then reduce the heat to low, cover the pot, and cook for 45 minutes, until the vegetables are tender and the stew has thickened.
- 4.** Serve over rice.

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Low Country Pecan-Crusted Red Snapper With Collard Greens

Makes four servings
Prep time: 15 minutes
Cook time: 20 minutes

FOR THE FISH:

- 1 cup chopped pecans
- ½ cup panko (or gluten-free breadcrumbs)
- 1 tsp. smoked paprika
- 1 tsp. dried oregano
- ½ tsp. white pepper
- ½ tsp. garlic powder
- Cayenne pepper, to taste
- 4 tbs. cornstarch
- 2 eggs, lightly beaten
- 4 red snapper fillets (approximately 6 to 8 oz. each)
- 4 tbs. extra-virgin olive oil

FOR THE GREENS:

- 6 cups roughly chopped collard greens
- 2 tbs. butter
- 1 cup finely minced white onion
- 1 clove garlic, minced
- Red-pepper flakes, to taste
- ¾ cup chicken stock
- Sea salt, to taste
- Freshly ground black pepper, to taste

DIRECTIONS:

- 1.** To make the snapper, add the pecans, breadcrumbs, paprika, oregano, white pepper, garlic powder, and cayenne to a food processor. Pulse until the mixture is fine and crumbly. Spread the breadcrumb mixture on a plate and spread the cornstarch on a second plate. Set a shallow bowl with the beaten eggs next to the cornstarch and breadcrumbs. Pat each snapper fillet dry with a paper towel, then dredge in the cornstarch, lightly coating each side. Dip into the egg, then coat with the breadcrumb mixture.
- 2.** Heat the olive oil in a skillet over medium heat until shimmering. Add the fish, cooking for three to four minutes per side until the crust is a dark golden brown and an internal thermometer reads 145 degrees F.
- 3.** To make the greens, heat a saucepan of water to just below boiling. Blanch the greens for three minutes, then drain. In a skillet over high heat, melt the butter and sauté the onion, garlic, and pepper flakes for 30 seconds. Add the greens and chicken stock, and cook for five to seven minutes, stirring occasionally, until the greens are tender. Remove from the heat and add salt and pepper to taste.
- 4.** Serve each snapper fillet with a scoop of collard greens.

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Grecian Hazelnut and Orange Olive-Oil Cake

Makes six servings
Prep time: 20 minutes
Cook time: 25 minutes

INGREDIENTS

- 1¼ cup hazelnut flour
- ½ cup almond flour
- 2 tsp. baking powder
- ¼ tsp. sea salt
- ½ cup honey
- 3 eggs
- ½ cup extra-virgin olive oil, plus more for the pan
- 1 tsp. vanilla extract
- 1/8 tsp. ground mace
- 1/8 tsp. ground cardamom
- Juice of 1 orange (about 4–5 tbs.)
- Zest of 1 orange (about 3–4 tsp.), divided

DIRECTIONS:

1. Preheat oven to 350 degrees F. Line the bottom of a 9-inch springform or other round cake pan with parchment paper and use a bit of olive oil to grease the bottom and sides.
2. In a large bowl, mix the flours, baking powder, and salt. In another bowl, use a hand mixer or stand mixer to beat the honey, eggs, and ½ cup olive oil for five to seven minutes, or until foamy and slightly thickened. Stir in the vanilla.
3. Mix the wet ingredients into the dry ingredients, and then add the spices, orange juice, and orange zest (reserving ½ tablespoon for garnish).
4. Pour the batter into the prepared pan and bake for 25 minutes, or until a toothpick inserted in the center of the cake comes out clean.
5. Allow the cake to cool slightly, then remove it from the pan to finish cooling on a wire rack. Top with the reserved orange zest just prior to serving.

KATE MORGAN is a Pennsylvania-based writer and recipe developer.

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Thai Cashew Beef and Basil Bowls

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- ☐ 2 limes
- ☐ 3 green onions
- ☐ 3 cloves garlic
- ☐ 1 dried Thai chili pepper
- ☐ ½ cup roughly chopped fresh basil
- ☐ 1 tbs. roughly chopped fresh mint
- ☐ 10 oz. tri-tip or sirloin
- ☐ 8 oz. package wide rice noodles
- ☐ 1 cup whole or halved unsalted cashews
- ☐ 1 tbs. muscovado sugar (or brown sugar)
- ☐ 3 tbs. oyster sauce
- ☐ 1 tsp. dark soy sauce (or tamari)
- ☐ 3 tbs. fish sauce
- ☐ Sriracha, to taste
- ☐ Extra-virgin olive oil



Georgian Walnut Dumplings

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- ☐ 1 large eggplant
- ☐ 1 onion
- ☐ 2 cloves garlic
- ☐ 1 lemon
- ☐ 2 tbs. minced parsley
- ☐ 3 tbs. melted butter
- ☐ 1 cup chopped walnuts
- ☐ 1½ cups all-purpose flour
- ☐ ½ tsp. ground coriander
- ☐ ½ tbs. ground cumin
- ☐ 1 tbs. paprika
- ☐ Sea salt



Senegalese Maafe (Peanut Stew)

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- ☐ 1 green bell pepper
- ☐ 1 orange bell pepper
- ☐ 1 jalapeño pepper
- ☐ 2 carrots
- ☐ 1 onion
- ☐ 1 medium sweet potato
- ☐ 2 cloves garlic
- ☐ 4 boneless, skinless chicken thighs
- ☐ 1 cup natural creamy peanut butter
- ☐ 8 oz. tomato sauce
- ☐ 32 oz. chicken broth
- ☐ 1 tbs. paprika
- ☐ 1 tsp. ground ginger
- ☐ 2 cups cooked white rice, for serving
- ☐ Extra-virgin olive oil
- ☐ Sea salt



Low Country Pecan-Crusted Red Snapper With Collard Greens

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- ☐ 2 large bunches collard greens
- ☐ 1 large white onion
- ☐ 1 clove garlic
- ☐ 4 red snapper fillets (approximately 6 to 8 oz. each)
- ☐ 2 eggs
- ☐ 2 tbs. butter
- ☐ 1 cup chopped pecans
- ☐ ½ cup panko (or gluten-free breadcrumbs)
- ☐ ¾ cup chicken stock
- ☐ 4 tbs. cornstarch
- ☐ 1 tsp. smoked paprika
- ☐ 1 tsp. dried oregano
- ☐ ½ tsp. white pepper
- ☐ ½ tsp. garlic powder
- ☐ Red-pepper flakes, to taste
- ☐ Cayenne pepper, to taste
- ☐ Extra-virgin olive oil
- ☐ Black pepper
- ☐ Sea salt



Grecian Hazelnut and Orange Olive-Oil Cake

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- ☐ 1 orange
- ☐ 3 eggs
- ☐ 1¼ cup hazelnut flour
- ☐ ½ cup almond flour
- ☐ ½ cup honey
- ☐ 1 tsp. vanilla extract
- ☐ 2 tsp. baking powder
- ☐ ⅛ tsp. ground mace
- ☐ ⅛ tsp. ground cardamom
- ☐ Extra-virgin olive oil
- ☐ Sea salt

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