

PENN STATE PISTACHIO HEART HEALTH RECIPES



Pistachio Crunch Muffins

2 cups whole wheat flour	½ tsp salt
¾ cup brown sugar, packed	¾ cup skim milk
½ cup old fashioned oatmeal, dry	½ cup unsweetened applesauce
½ cup pistachio kernels, chopped	½ cup canola oil
1 Tbsp Calumet baking powder	1 egg (or ¼ cup Egg Beaters)
1 Tbsp orange peel	

Mix flour, sugar, oats, pistachios, baking powder, orange peel and salt in bowl, stirring with spoon until well blended. Add milk, applesauce, oil and egg all at once. Stir lightly just to mix. Don't over mix or texture will suffer. Spoon into 12 greased or paper-lined muffin cups. Spoon topping over. Bake at 400 degrees F for 18 to 22 minutes or until golden brown, turning pan around after 15 minutes for most even browning. Cool 5 minutes then remove from pan and cool on wire rack. **Makes 12 large muffins.**

(Note: For purposes of the study, we made these muffins smaller ~39 g .. or about 1/3 this size. You can make these muffins as large or as small as you wish. You may need to adjust the baking time accordingly.)

1 muffin = 98 g, 334 kcal, 8.7 g protein, 35 g CHO
19 g total fat (2.3g Sat, 10 g Monounsatur, 6 g Polyunsatur), 18 mg cholesterol



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Pistachio Banana Bread Muffins

2 cups whole wheat flour	½ cup Egg Beaters
¾ tsp baking soda	4 medium-sized, ripe bananas
½ tsp salt	1/3 cup fat free sour cream (such as Breakstone's)
½ cup white granulated sugar	1/8 tsp ground cardamom (or you may substitute
½ cup brown sugar, packed	1 tsp vanilla extract)
¼ cup butter	½ cup pistachio nuts, chopped

Preheat oven to 350°F.

In a medium sized bowl, combine flour, baking soda, and table salt, stirring with a whisk. Set aside.

In a large bowl, combine the sugars and the butter and beat with hand mixer until well-blended. Add the Egg Beaters to the sugar/butter mixture and beat well. Add the banana, sour cream, and cardamom and beat until well-blended. Then, add the flour mixture and beat at a low speed, just until moist. Stir in pistachios, making sure that they are incorporated evenly throughout the batter.

Spray muffin tin with non-stick cooking spray (such as Pam). Distribute batter evenly among the 12 muffin tins. Place in oven for ~17 minutes and check for done-ness. Muffins are done when a toothpick inserted into the center of each muffin comes out clean. **Yield: 12 generous muffins.**

1 muffin = 120 g, 336 kcal, 9 g protein, 48 g CHO
14 g total fat (3.3 g Sat, 6.9 g Monounsatur, 3.3 g Polyunsatur), 11 mg cholesterol



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Pistachio Pesto

2 cup basil leaves
2 garlic cloves
1 cup pistachio kernels
½ cup olive oil
½ cup Parmesan cheese
1 grind black pepper

To make 1 cup of pesto, place 2 cups of basil leaves, 2 garlic cloves, and 1 cup of pistachio kernels in a food processor. Process until smooth, leaving just a bit of texture. With the food processor's motor still running, slowly sprinkle in ½ cup olive oil through the feed tube. Add ½ cup grated Parmesan cheese and a grind of black pepper. Process to combine. Pesto will keep covered in the refrigerator for up to 3 days. Bring to room temperature before serving.

To store pesto for a later date or upcoming party, transfer pesto to an ice cube tray. Cover the tray and freeze. When frozen, pop out the cubes into a freezer-safe bag and seal. Store in the freezer until ready for use. Thaw in the refrigerator the night before intended use.

(2 Tbsp ~30 g), 157 kcal, 4 g protein, 4 g CHO
15 g total fat (2.4 g Sat, 9.5 g Monounsaturat, 2.5 g Polyunsaturat), 2.9 mg cholesterol



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Pistachio Chicken Salad

3 cups Swanson Chunks of Chicken, canned
(or boneless, skinless chicken breast, chopped)
1 cup red seedless grapes, sliced
2 teaspoons scallions, minced
2 tablespoons fat free mayonnaise
2 tablespoons fat free sour cream
2 tablespoons lemon juice
¼ cup unsalted pistachios, chopped

Combine ingredients in a large bowl and mix thoroughly to evenly distribute. Serve atop your favorite whole grain bread or atop a bed of mixed greens. **Makes 6 servings.**

(1/2 cup = 94 g), 179 kcal, 10 g protein, 13 g CHO
10.8 g total fat (1.5 g Sat, 5 g Monounsaturat, 3 g Polyunsaturat), 10.4 mg cholesterol



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California Style Pistachio Salad

Dressing:

1 clove garlic, finely minced
1 teaspoon Dijon mustard
1 tablespoon balsamic vinegar
6 tablespoons orange juice
(~ 1 orange, freshly squeezed)

Salad:

3 cups mixed greens
8 oz boneless, skinless chicken breast, grilled
and sliced
1 tart apple, quartered and sliced
½ cup blue cheese, crumbled
½ cup shelled pistachios

For the dressing, mix together the ingredients with a wire whisk. Let set to mellow flavors. Wash and dry the mixed greens and divide equally among 4 salad plates. Divide chicken, apple slices, blue cheese, and pistachios over salad. Drizzle dressing over each. **Makes 4 servings.**

Dressing: (29 g = 2 Tbsp), 15 kcal, 0.3 g protein, 3.3 g CHO, 0.1 g total fat
Salad: 416 kcal, 29.8 g protein, 24.2 g carbohydrate, 7.4 g dietary fiber,
24.3 g total fat (4.5 g Sat, 11.7 g Monounsaturat, 6.5 g Polyunsaturat)



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Pistachio Granola

2/3 cup packed brown sugar
¼ cup apple juice
2 cups regular oats
2/3 cup chopped pistachios
2/3 cup All Bran cereal
2/3 cup raisins
½ tsp ground cinnamon
¼ tsp salt

Spray a large nonstick skillet with cooking spray. Combine sugar and apple juice in skillet and cook over medium-high heat for 3 minutes or until sugar dissolves, stirring frequently. Stir in oats and remaining ingredients; cook 5 minutes or until granola is lightly browned, stirring frequently.

Spread granola mixture on a large cookie sheet lined with aluminum foil (sprayed with cooking spray). Allow to cool slightly and place in convection oven for 3-5 minutes to allow granola to harden. Remove from oven and allow to cool completely. Once cool, store in an airtight container for up to a week.

Yield: 5 cups.

(1/2 cup = 56 g), 199 kcal, 4.3 g protein, 33.6 g CHO
5.8 g total fat (0.5 g Sat, 3 g Monounsaturat, 1.8 g Polyunsaturat)

