

# SIMPLY NUTritious

Good tasting nutty recipes with less salt





First to please nut lovers with salted-in-the shell peanuts, Fisher is first again! All of us think about reducing sodium in our diets, but Fisher decided to do something, by introducing Reduced Sodium Nuts. With only half the usual amount of added salt, Fisher Reduced Sodium Nuts bring you all of the flavor. These nuts are sure to please all of you nut lovers with their quality and crunchy goodness. Which brings us to the recipes in this book. They, too, were created with less than the usual amount of sodium, but with all the flavor. Fisher has a tempting idea for every occasion, whether you're fixing a casual family supper or entertaining friends.

Enjoy some honest-to-goodnuts eating with our new recipes, just like you always have with Fisher Nuts. Remember, any way you want them, Fisher makes them — best!

If you have special dietary needs, or are on a low sodium diet, consult your physician about the nutritional information in these recipes.



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# Cashews





Pasta cooked the light way, with fresh vegetables in creamy Parmesan sauce.

## Cashew Pasta Primavera

- 8 oz. fettucini, rotini spirals, fusilli or shell-type pasta
- 3 cups fresh vegetables, cut into bite-size pieces\*
- 1 cup Fisher® Reduced Sodium Cashews
- 4 tablespoons unsalted margarine or butter
- 1 clove garlic, minced
- 2 tablespoons all-purpose flour
- 1½ cups half and half cream
- ⅓ cup grated Parmesan cheese
- Freshly ground pepper

Steam or stir-fry vegetables until barely tender. Cook pasta; drain. In same saucepan, melt margarine; stir in garlic and flour. Cook 30 seconds. Blend in cream; bring to boiling, stirring constantly. Reduce heat; blend in cheese and pepper. Stir in pasta, vegetables and nuts. Heat briefly; serve immediately. 4 servings.

\* Use vegetables such as broccoli, asparagus, mushrooms, red or green pepper, zucchini, carrots or green beans.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE: 1/4 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	597	PROTEIN	24%
PROTEIN	19 g	VITAMIN A	40%
CARBOHYDRATE	41 g	VITAMIN C	80%
FAT	51 g	THIAMINE	33%
SODIUM	279 mg	RIBOFLAVIN	31%
POTASSIUM	642 mg	NIACIN	18%
		CALCIUM	22%
		IRON	15%

A new snack idea: cashews baked with a mild curry-butter sauce.

## Curried Cashews

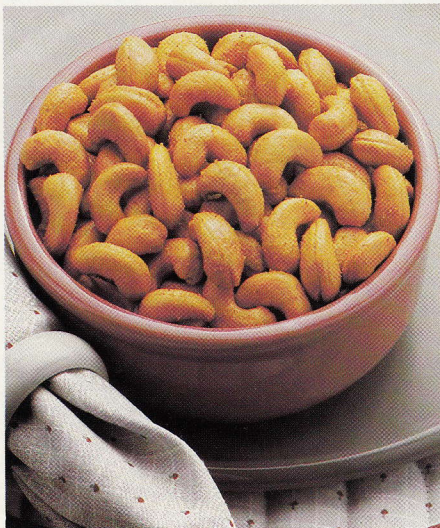
- 12-oz. can (2½ cups) Fisher® Reduced Sodium Cashews
- 2 tablespoons unsalted margarine or butter, melted
- 1 teaspoon curry powder
- ¼ teaspoon onion powder
- ⅛ teaspoon garlic powder

Heat oven to 350°F. Spread cashews in a 13x9-inch pan; heat in oven for five minutes. In small bowl, combine remaining ingredients; drizzle over hot nuts. Stir to coat evenly. Bake 5 to 7 minutes. Cool in pan; stir and store tightly covered.

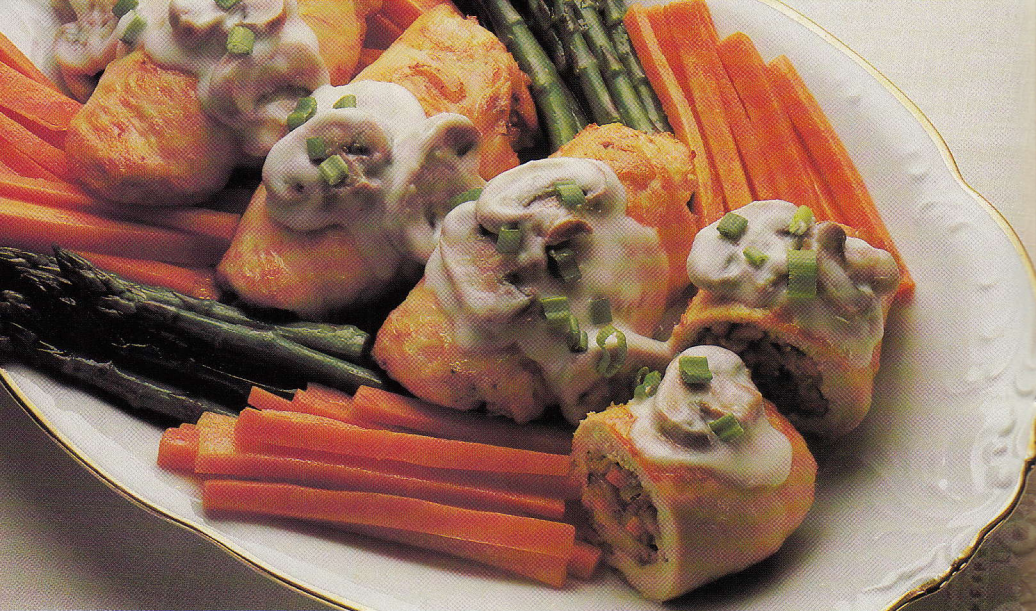
2½ cups or 10 (¼ cup) servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE: 1/10 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	217	PROTEIN	9%
PROTEIN	6 g	VITAMIN A	6%
CARBOHYDRATE	10 g	VITAMIN C	•
FAT	18 g	THIAMINE	10%
SODIUM	86 mg	RIBOFLAVIN	5%
POTASSIUM	163 mg	NIACIN	3%
		CALCIUM	1%
		IRON	7%

\* Contains less than 1% of the U.S. RDA of this nutrient.







Elegant entrée stars chicken breasts rolled with a vegetable-nut mixture.

## Stuffed Chicken Rolls with Mushroom Sauce

- 1 tablespoon unsalted margarine or butter
- 8 oz. fresh whole mushrooms
- 1/2 cup finely chopped Fisher® Reduced Sodium Cashews
- 1/4 cup finely chopped carrot
- 1/4 cup finely chopped onion
- 1/8 teaspoon pepper
- 2 whole boneless chicken breasts

### Mushroom Sauce

- 1 1/2 tablespoons unsalted margarine or butter
- 1/4 cup chopped onion
- 1 tablespoon all-purpose flour
- 3/4 cup milk
- 1 tablespoon dry white wine
- Dash salt, if desired

Heat oven to 350°F. Lightly grease an 8 or 9-inch square pan. Chop enough mushrooms to equal 1/3 cup. Slice remaining mushrooms; reserve for sauce. In medium skillet, melt 1 tablespoon

margarine. Stir in 1/3 cup chopped mushrooms, nuts, carrot, onion and pepper. Sauté until vegetables are tender, about two minutes. Remove skin from chicken breasts; cut each in half. Pound each between waxed paper to 1/4-inch thickness. Place 1/4 of vegetable mixture on center of each chicken piece; roll up and secure with toothpick. Lightly brown each roll in non-stick skillet; place in prepared pan. Bake uncovered at 350°F. for 35 to 40 minutes. Serve with Mushroom Sauce. Garnish as desired.

**Mushroom Sauce:** In medium skillet, melt margarine. Sauté sliced mushrooms and onions about one minute. Stir in flour; cook thirty seconds. Stir in milk, wine and salt, if desired; cook, stirring constantly, until thickened and bubbling. 4 servings.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/4 OF RECIPE		PERCENT U.S. RDA PER SERVING
CALORIES	381	PROTEIN 48%
PROTEIN	31 g	VITAMIN A 24%
CARBOHYDRATE	13 g	VITAMIN C 9%
FAT	23 g	THIAMINE 17%
SODIUM	161 mg	RIBOFLAVIN 34%
POTASSIUM	804 mg	NIACIN 72%
		CALCIUM 10%
		IRON 13%



Cashews and walnuts add taste and crunch. Fresh tomato sauce is a delicious complement.

## Meatloaf with Fresh Tomato Sauce

### Meatloaf

- 2 eggs
- 1 lb. extra lean ground beef
- 1 cup finely chopped onion
- 1/2 cup finely chopped green pepper
- 2 (2<sup>3</sup>/<sub>4</sub> oz. pkgs.) (1<sup>1</sup>/<sub>3</sub> cups) Fisher® Natural Chopped Walnuts
- 1/4 teaspoon pepper
- 1/4 teaspoon ground thyme
- 1/4 teaspoon garlic powder

### Fresh Tomato Sauce

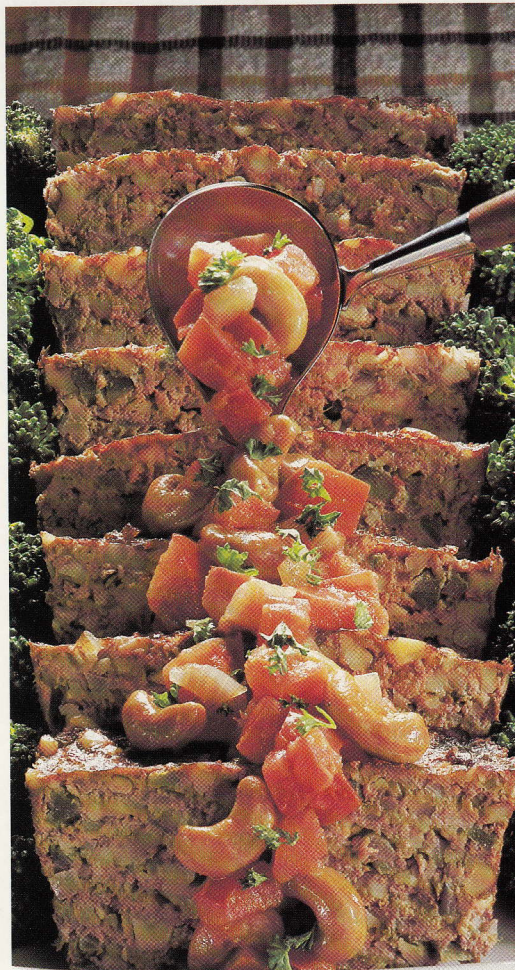
- 2 cups (2 large) tomatoes, chopped (peeled or unpeeled)
- 1/2 cup chopped onion
- 2 tablespoons unsalted margarine or butter
- 1/4 teaspoon pepper
- 2/3 cup Fisher® Reduced Sodium Cashews
- 1 tablespoon fresh chopped parsley

Heat oven to 350°F. Lightly grease an 8x4-inch loaf pan. In large bowl, beat eggs. Add remaining Meatloaf ingredients; blend well. Press firmly into prepared pan. Bake, uncovered, at 350°F. for 50 to 60 minutes. Let stand 10 minutes before cutting. Serve with Fresh Tomato Sauce.

**Fresh Tomato Sauce:** In small saucepan, combine all ingredients except parsley. Bring to boiling, stirring constantly; reduce heat and simmer, uncovered, for 15 minutes, stirring occasionally. Stir in parsley. 8 servings.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/8 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	364	PROTEIN	28%
PROTEIN	19 g	VITAMIN A	13%
CARBOHYDRATE	12 g	VITAMIN C	39%
FAT	28 g	THIAMINE	12%
SODIUM	77 mg	RIBOFLAVIN	13%
POTASSIUM	496 mg	NIACIN	17%
		CALCIUM	4%
		IRON	18%





Cashews give the filling special taste and texture, preserves make the sauce easy.

## Nutty Wontons with Apricot Sauce

### Wontons

- Vegetable oil
- 1/2 lb. ground pork
- 1/2 cup minced Fisher®  
Reduced Sodium  
Cashews
- 1/4 cup minced raw carrot
- 1/4 cup minced green onion
- 1/2 teaspoon sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon pepper
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 lb. wonton skins

### Apricot Sauce

- 10-oz. jar (3/4 cup) apricot or  
peach preserves
- 2 tablespoons finely  
chopped Fisher®  
Reduced Sodium  
Cashews
- 1 tablespoon red wine  
vinegar
- Few drops hot pepper  
sauce

Heat at least two inches of oil in wok or deep fat fryer to 375°F. In medium bowl, combine remaining Wonton ingredients except wonton skins. Place 1 teaspoon filling in center of wonton skin (keep remaining skins in plastic bag to prevent drying). Brush two sides of skin with water. Fold other two sides to almost meet the moistened sides, forming a slightly askew triangle. Bring the two bottom corners together below filling. Place right corner over left corner and pinch to seal. Repeat with remaining wonton skins. Fry 8 to 10 wontons at a time until golden brown, turning occasionally. Drain on paper towels. Serve with Apricot Sauce.

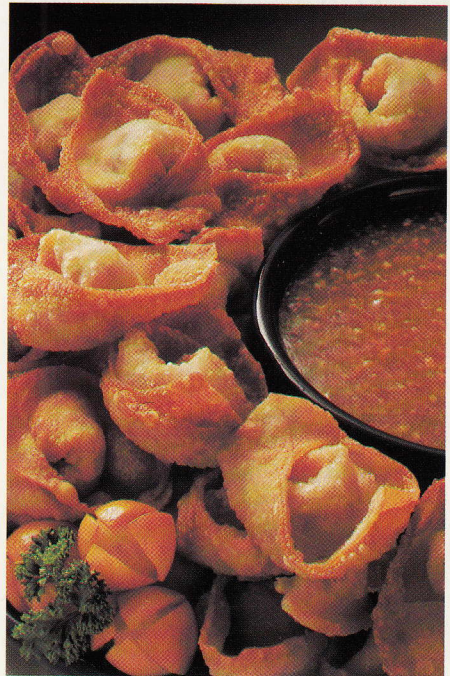
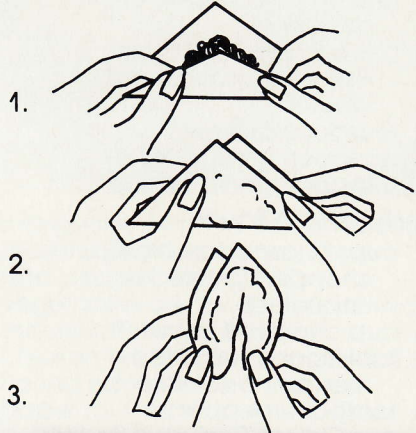
**Apricot Sauce:** In small bowl, combine all ingredients; blend well. About 50 appetizer servings.

### NUTRITION INFORMATION PER SERVING †

SERVING SIZE: 1/50 OF RECIPE	PERCENT U.S. RDA PER SERVING		
CALORIES	78	PROTEIN	2%
PROTEIN	1 g	VITAMIN A	1%
CARBOHYDRATE	5 g	VITAMIN C	1%
FAT	6 g	THIAMINE	3%
SODIUM	34 mg	RIBOFLAVIN	1%
POTASSIUM	30 mg	NIACIN	1%
		CALCIUM	1%
		IRON	1%

†Does not include wonton wrappers — information not available.

\*Contains less than 1% of the U.S. RDA of these nutrients.







Enjoy classic stir-fry flavor without high-sodium soy sauce or bouillon.

## Sweet 'n Sour Beef Cashew

- 20-oz. can pineapple chunks in juice
- 1/4 cup sugar
- 4 teaspoons cornstarch
- 2 tablespoons cider vinegar
- 1/2 lb. top round or sirloin steak
- 2 tablespoons unsalted margarine or butter
- 2 cups fresh vegetables, cut into bite-size pieces\*
- 1/2 cup Fisher® Reduced Sodium Cashews
- 2 cups hot cooked rice

Drain pineapple chunks; reserve juice. Combine juice, sugar,

cornstarch and vinegar; set aside. Cut steak into 1/8-inch thick slices. Melt margarine in large skillet or wok. Stir-fry meat and vegetables over medium high heat until meat is barely cooked and vegetables are still crisp. Stir in pineapple juice mixture; cook, stirring constantly, until thickened and bubbling. Stir in nuts. Serve over hot cooked rice. 4 servings.

\* Use vegetables such as peapods, broccoli, carrots, green beans, red or green pepper, onions, cauliflower, mushrooms, asparagus or zucchini.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/4 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	526	PROTEIN	35%
PROTEIN	23 g	VITAMIN A	108%
CARBOHYDRATE	60 g	VITAMIN C	80%
FAT	23 g	THIAMINE	27%
SODIUM	329 mg	RIBOFLAVIN	18%
POTASSIUM	614 mg	NIACIN	26%
		CALCIUM	8%
		IRON	24%



A baked, open-faced sandwich with lots of sautéed vegetables, a touch of cheese.

## Mostly Veggie Sandwich

- 4 large or 8 small slices whole grain bread
- 4 oz. thinly sliced cooked turkey, chicken or beef
- 2 medium tomatoes, thinly sliced
- 2 teaspoons unsalted margarine or butter
- 2 cups (2 small) shredded zucchini
- 2 cups sliced fresh mushrooms
- 1 cup (2 small) shredded carrot
- 1 cup (1 medium) sliced onion
- 1 cup coarsely chopped Fisher® Reduced Sodium Cashews

½ teaspoon marjoram  
Freshly ground pepper  
2 to 4 oz. shredded Cheddar or Swiss cheese

Heat oven to 375°F. In large skillet, melt margarine. Sauté zucchini, mushrooms, carrot, onion, nuts and marjoram about one minute. Sprinkle with pepper. On each slice of bread, layer one-fourth of turkey, tomato slices and vegetable mixture; sprinkle with cheese. Bake at 375°F. for 15 to 20 minutes or until hot. 4 servings.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/4 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	502	PROTEIN	42%
PROTEIN	27 g	VITAMIN A	79%
CARBOHYDRATE	40 g	VITAMIN C	49%
FAT	29 g	THIAMINE	24%
SODIUM	490 mg	RIBOFLAVIN	27%
POTASSIUM	954 mg	NIACIN	42%
		CALCIUM	23%
		IRON	24%





# Cashews & Almonds







NUTRITION INFORMATION PER SERVING			PERCENT U.S. RDA	
SERVING SIZE:			PER SERVING	
1/4 OF RECIPE				
CALORIES	374	PROTEIN	10%	
PROTEIN	6 g	VITAMIN A	3%	
CARBOHYDRATE	25 g	VITAMIN C	9%	
FAT	30 g	THIAMINE	12%	
SODIUM	125 mg	RIBOFLAVIN	6%	
POTASSIUM	341 mg	NIACIN	4%	
		CALCIUM	3%	
		IRON	9%	

A light wine-touched cheese sauce to dress up plain vegetables.

## ▶ **Mornay Sauce for Vegetables**

- 2 tablespoons unsalted butter or margarine
- 2 tablespoons all-purpose flour
- 1 1/4 cups milk
- 2 tablespoons dry white wine
- 1/3 cup shredded Swiss cheese
- 1/3 teaspoon onion powder
- 1/3 teaspoon white pepper
- 3/4 cup coarsely chopped Fisher® Reduced Sodium Cashews and Almonds
- 1 tablespoon fresh chopped parsley
- Hot cooked vegetables\*

In medium saucepan, melt butter. Stir in flour; cook, stirring constantly, for 30 seconds. Blend in milk and wine. Cook, stirring constantly, until thickened and bubbling. Reduce heat; blend in cheese, onion powder and pepper. Stir until cheese melts. Stir in nuts and parsley. Pour over hot cooked vegetables.  
1 1/4 cups or 5 (1/4 cup) servings.

\* Use vegetables such as asparagus spears, broccoli, carrots, green beans, cauliflower or zucchini.

NUTRITION INFORMATION PER SERVING			PERCENT U.S. RDA	
SERVING SIZE:			PER SERVING	
1/5 OF RECIPE				
CALORIES	243	PROTEIN	13%	
PROTEIN	9 g	VITAMIN A	8%	
CARBOHYDRATE	14 g	VITAMIN C	3%	
FAT	12 g	THIAMINE	10%	
SODIUM	144 mg	RIBOFLAVIN	14%	
POTASSIUM	228 mg	NIACIN	4%	
		CALCIUM	17%	
		IRON	6%	

Double nutty! With a tangy vinaigrette instead of high-sodium mayonnaise.

## **Double Nut Waldorf Salad**

- 2 cups cubed, unpeeled apple
- 1 cup Fisher® Reduced Sodium Cashews and Almonds
- 1 cup sliced celery
- 2 tablespoons red wine vinegar
- 4 teaspoons sugar
- 1/4 teaspoon dry mustard
- 1/4 teaspoon pepper
- Few drops hot pepper sauce
- 1/4 cup olive or other vegetable oil
- Lettuce leaves, if desired

In medium bowl, combine apple, nuts and celery. In small bowl or blender, combine vinegar, sugar, mustard, pepper and hot pepper sauce; blend in oil. Drizzle over apple mixture; blend well. Refrigerate up to 2 hours before serving. Serve on lettuce, if desired. 4 servings.



Spectacular (and easy) oven-puffed pancake with a rich peach and nut filling.

## Peachy Popover Pancake

### Pancake

- 1/4 cup unsalted margarine or butter
- 4 eggs
- 1 cup all-purpose flour
- 1 cup milk
- 1 teaspoon cinnamon

### Peach Filling

- 16-oz. can peach slices in juice
- 1/4 cup water
- 2 teaspoons cornstarch
- 1/4 cup firmly packed brown sugar
- 1 teaspoon unsalted margarine or butter
- 1/2 teaspoon almond extract
- 2/3 cup Fisher® Reduced Sodium Cashews and Almonds
- Powdered sugar, if desired

Heat oven to 425°F. Place margarine in 10-inch pie pan or

oven proof skillet; heat in oven at least 5 minutes until margarine is melted and pan is hot. In medium bowl, beat eggs with wire whisk or rotary beater. Add flour, milk and cinnamon; beat just until smooth. Immediately pour over melted margarine in hot pan. Bake at 425°F. for about 20 minutes or until deep golden brown and sides are puffy. Spoon Peach Filling into center and sprinkle with powdered sugar, if desired. Cut into wedges to serve.

**Peach Filling:** Drain peaches; reserve juice. In medium saucepan, combine cornstarch with water; stir in reserved juice and sugar. Cook, stirring constantly, until thickened and bubbling. Stir in margarine, almond extract, peach slices and nuts. 4 servings.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE:  
1/4 OF RECIPE

CALORIES 591  
PROTEIN 17 g  
CARBOHYDRATE 65 g  
FAT 31 g  
SODIUM 162 mg  
POTASSIUM 573 mg

PERCENT U.S. RDA  
PER SERVING

PROTEIN 37%  
VITAMIN A 37%  
VITAMIN C 9%  
THIAMINE 28%  
RIBOFLAVIN 31%  
NIACIN 16%  
CALCIUM 15%  
IRON 22%





Party nuts pack a mild chili punch!  
They're oven baked.

## Texas Spiced Nuts

- 12-oz. can (1½ cups) Fisher®  
Reduced Sodium  
Cashews and Almonds  
2 tablespoons unsalted  
margarine or butter,  
melted  
1 teaspoon chili powder  
¼ teaspoon ground  
coriander  
⅛ teaspoon cayenne (red  
pepper)  
⅛ teaspoon garlic powder

Heat oven to 350°F. Spread nuts in  
a 13x9-inch pan; heat in oven for  
five minutes. In small bowl,  
combine remaining ingredients;  
drizzle over hot nuts. Stir to coat  
evenly. Bake 5 to 7 minutes. Cool  
in pan; stir and store tightly  
covered.

2½ cups or 10 (¼ cup) servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/10 OF RECIPE		PER SERVING	
CALORIES	217	PROTEIN	9%
PROTEIN	6 g	VITAMIN A	3%
CARBOHYDRATE	10 g	VITAMIN C	*
FAT	18 g	THIAMINE	10%
SODIUM	86 mg	RIBOFLAVIN	5%
POTASSIUM	163 mg	NIACIN	3%
		CALCIUM	1%
		IRON	7%

\*Contains less than 1% of the U.S. RDA of this nutrient.

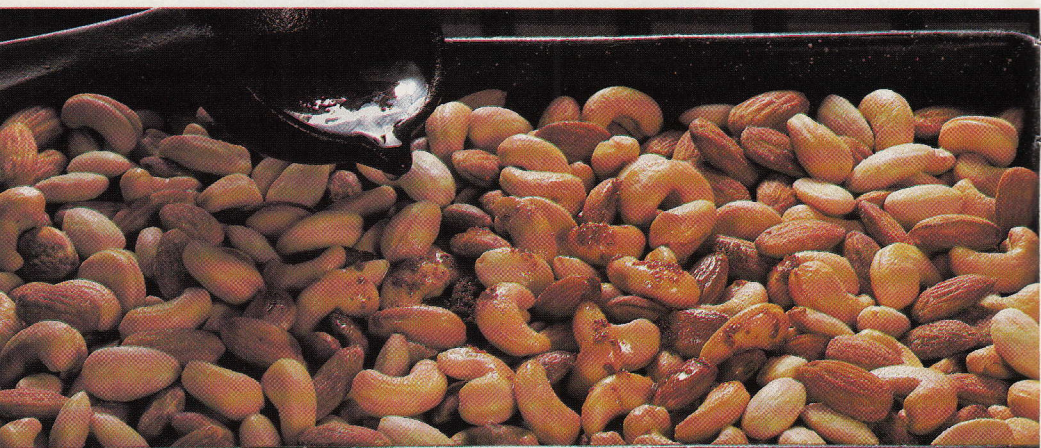
A different and delicious side dish.  
Brown rice makes it even more  
nutritious.

## Savory Sautéed Mushrooms and Rice

- 6 tablespoons unsalted butter or  
margarine  
1 lb. fresh mushrooms, halved  
or sliced  
1 cup sliced green onions  
⅔ cup Fisher® Reduced Sodium  
Cashews and Almonds  
1 clove garlic, minced  
½ teaspoon leaf thyme  
2 teaspoons Worcestershire  
sauce  
Freshly ground pepper  
Fresh chopped parsley  
2 cups hot cooked rice

In large skillet, melt butter. Sauté  
mushrooms, onions, nuts, garlic  
and thyme until mushrooms are  
barely tender. Stir in  
Worcestershire sauce, pepper and  
parsley. Spoon over hot cooked  
rice. 4 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/4 OF RECIPE		PER SERVING	
CALORIES	383	PROTEIN	13%
PROTEIN	8 g	VITAMIN A	16%
CARBOHYDRATE	31 g	VITAMIN C	19%
FAT	26 g	THIAMINE	18%
SODIUM	328 mg	RIBOFLAVIN	41%
POTASSIUM	661 mg	NIACIN	31%
		CALCIUM	31%
		IRON	14%





Pork, fruit, onions and a sprinkle of nuts bake in a naturally sweet sauce.

## Polynesian Pork Chops

- 4 (5 to 6 oz.) pork chops\*
- 8-oz. can pineapple slices in juice
- Orange juice (about 1 cup)
- 1 tablespoon cornstarch
- 1 tablespoon brown sugar
- 1 teaspoon cinnamon
- 1/8 teaspoon cloves
- 1/2 cup Fisher® Reduced Sodium Cashews and Almonds
- 1 small orange, cut into 4 slices
- 1 small onion, cut into 4 slices
- 2 cups hot cooked rice

Heat oven to 350°F. Lightly grease a 9 or 8-inch square pan. In non-stick skillet, brown pork chops; place in prepared pan. Drain pineapple; reserve juice. Add enough orange juice to pineapple juice to equal 1 1/4 cups. In same skillet, combine juices, cornstarch, sugar, cinnamon and cloves; blend to dissolve cornstarch. Cook, stirring constantly, until thickened and bubbling. Stir in nuts. Place one slice pineapple, one slice orange and one slice onion on top of each pork chop. Pour sauce over chops. Cover; bake at 350°F. for 45 minutes. Uncover; bake an additional 15 minutes or until chops are tender. Serve chops and sauce with hot cooked rice. 4 servings.

\*Larger, thicker pork chops may be used. Bake, covered, an additional 15 to 20 minutes.

### NUTRITION INFORMATION PER SERVING

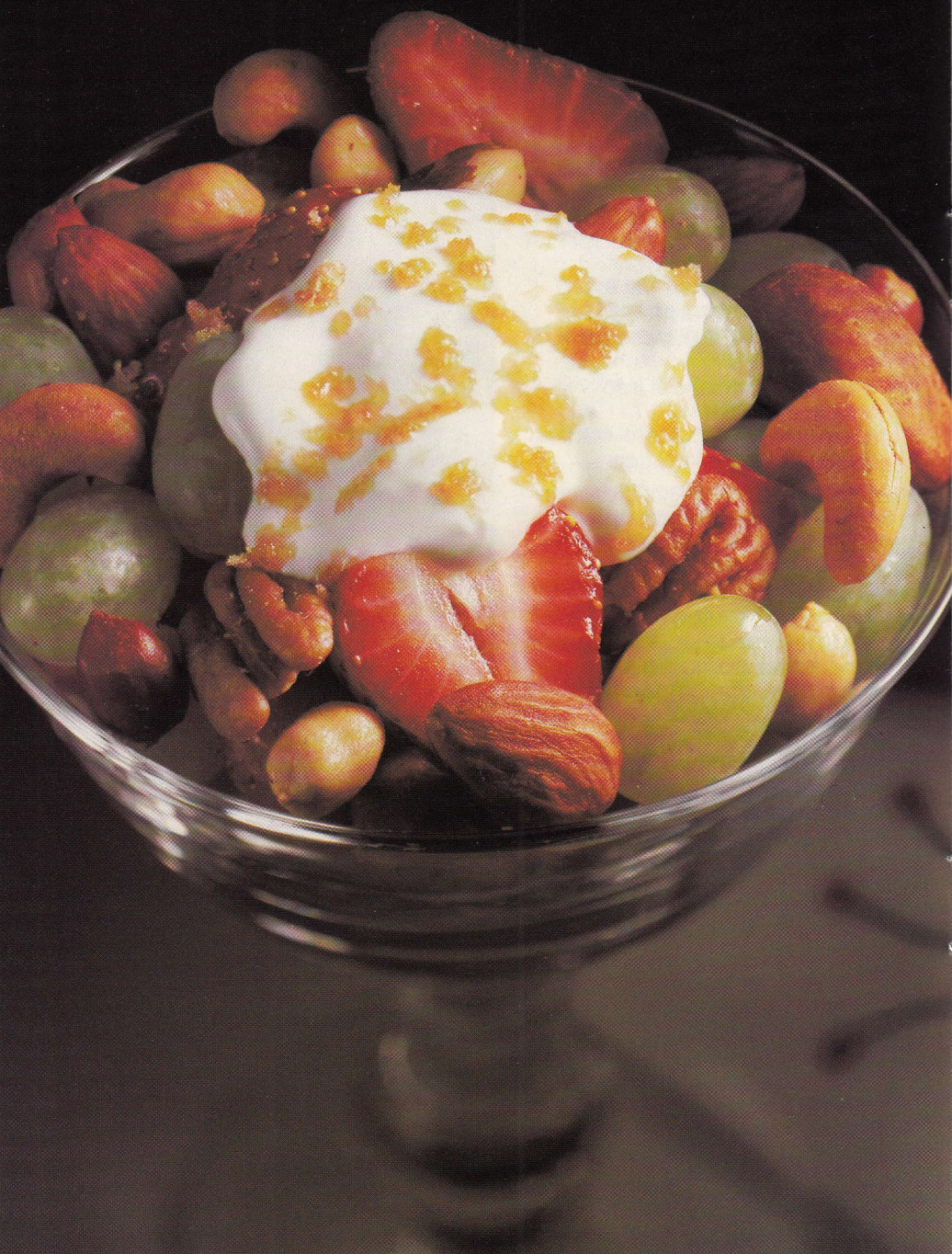
SERVING SIZE: 1/4 OF RECIPE		PERCENT U.S. RDA PER SERVING	
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CALORIES	639	PROTEIN	40%
PROTEIN	26 g	VITAMIN A	5%
CARBOHYDRATE	53 g	VITAMIN C	97%
FAT	36 g	THIAMINE	84%
SODIUM	347 mg	RIBOFLAVIN	21%
POTASSIUM	769 mg	NIACIN	34%
		CALCIUM	7%
		IRON	29%





# Mixed Nuts





Simple, light, elegant! A fruit and nut dessert in sour cream sauce.

## Fruit and Nut Devonshire

- 2 cups halved or sliced strawberries
- 2 cups seedless green grapes
- 1 to 2 tablespoons Grand Marnier, if desired
- 1/2 cup Fisher® Reduced Sodium Mixed Nuts
- 1/2 cup sour half and half cream or regular dairy sour cream
- 8 teaspoons brown sugar

In medium bowl, combine strawberries, grapes and Grand Marnier. Refrigerate up to 6 hours. Just before serving, stir in nuts. Spoon into four serving dishes. Dollop two tablespoons sour cream on top of each serving; sprinkle each with two teaspoons brown sugar. 4 servings.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/4 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	241	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	5%
CARBOHYDRATE	30 g	VITAMIN C	77%
FAT	12 g	THIAMINE	9%
SODIUM	62 mg	RIBOFLAVIN	10%
POTASSIUM	357 mg	NIACIN	5%
		CALCIUM	7%
		IRON	11%

Homemade goodness, less sodium and no preservatives!

## Granola

- 3 cups rolled oats
- 1/2 cup coconut
- 1/2 cup nonfat dry milk powder
- 1 cup chopped dried fruit
- 1 1/2 cups Fisher® Reduced Sodium Mixed Nuts\*
- 2/3 cup firmly packed brown sugar
- 1/2 cup water
- 1/2 cup vegetable oil
- 2 teaspoons cinnamon

Heat oven to 250°F. Lightly grease a 10x15-inch jelly roll pan. In large bowl, combine oats, coconut, milk powder, fruit and nuts. In small saucepan, combine sugar, water, oil and cinnamon; heat to boiling. Simmer five minutes. Drizzle sugar mixture over oat mixture; mix well and spread evenly in prepared pan. Bake at 250°F. for 45 minutes, stirring twice. Cool; store tightly covered.

6 cups or 18 (1/3 cup) servings.

\*A combination of Fisher® Reduced Sodium Mixed Nuts and Fisher® Natural Sliced Almonds, Chopped Walnuts or Pecans may also be used.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/18 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	232	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	•
CARBOHYDRATE	27 g	VITAMIN C	•
FAT	13 g	THIAMINE	9%
SODIUM	34 mg	RIBOFLAVIN	3%
POTASSIUM	196 mg	NIACIN	2%
		CALCIUM	2%
		IRON	8%

\*Contains less than 1% of the U.S. RDA of these nutrients.





Cooked sugar and spice mixture is stirred with nuts for a praline-like coating.

## Cinnamon-Sugared Nut Clusters

- 1¼ cups sugar
- 1 teaspoon cinnamon
- ½ cup milk
- 1 teaspoon vanilla
- 12-oz. can (2½ cups) Fisher®  
Reduced Sodium  
Mixed Nuts

Line a large cookie sheet with waxed paper. In medium saucepan, combine sugar, cinnamon and milk. Heat to boiling, stirring to dissolve sugar. Reduce heat to low and cook without stirring until mixture reaches 235°F. (soft ball stage). Cool about 1 to 2 minutes, stirring occasionally, until mixture thickens slightly. Quickly stir in vanilla and nuts; immediately turn out onto waxed paper, spreading slightly. Cool completely; break into clusters.

3 cups or 12 (¼ cup) servings.

NUTRITION INFORMATION		PER SERVING	
SERVING SIZE:		PERCENT U.S. RDA	
1/12 OF RECIPE		PER SERVING	
CALORIES	250	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	1%
CARBOHYDRATE	30 g	VITAMIN C	9%
FAT	14 g	THIAMINE	6%
SODIUM	79 mg	RIBOFLAVIN	3%
POTASSIUM	154 mg	NIACIN	3%
		CALCIUM	12%
		IRON	

\*Contains less than 1% of the U.S. RDA of this nutrient.





Colorful company salad has two kinds of nuts and a light, lemony dressing.

## Fruity Cobb Salad

### Salad

- 4 cups torn lettuce
- 1 cup alfalfa sprouts
- 1 cup coarsely chopped onions
- 1 cup pineapple chunks
- 11-oz. can mandarin oranges, drained
- 1 cup (1 lg.) cubed avocado, dipped in lemon juice
- 1 cup cold, cooked, cubed turkey, chicken or beef
- 1/2 cup Fisher® Reduced Sodium Mixed Nuts
- 1/2 cup Fisher® Unsalted Sunflower Nuts

### Lemon-Honey Dressing

- 1/4 cup honey
- 2 tablespoons cider vinegar
- 2 tablespoons lemon juice
- 1 teaspoon celery seed
- 1/2 teaspoon onion powder
- 1/2 teaspoon dry mustard
- 1/4 teaspoon garlic powder
- 1/2 cup vegetable oil

On large tray or serving platter, arrange Salad ingredients in separate rows or in individual containers. In small bowl or blender, combine all Lemon-Honey Dressing ingredients except oil; slowly blend in oil. Serve with Salad. Can be refrigerated up to 2 hours before serving.  
4 to 6 servings.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/4 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	705	PROTEIN	34%
PROTEIN	22 g	VITAMIN A	22%
CARBOHYDRATE	48 g	VITAMIN C	53%
FAT	52 g	THIAMINE	42%
SODIUM	86 mg	RIBOFLAVIN	19%
POTASSIUM	897 mg	NIACIN	34%
		CALCIUM	8%
		IRON	23%



# Peanuts

(Spanish, Party, Dry Roasted Reduced Sodium, Dry Roasted Unsalted  
and Unsalted Peanuts and Raisins)





Make your own reduced-sodium nut butters, as smooth or crunchy as you like.

## Fresh Peanut Butter

12-oz. can (2½ cups) Fisher®  
Reduced Sodium Party  
Peanuts, Reduced  
Sodium Dry Roasted  
Peanuts or Unsalted Dry  
Roasted Peanuts\*

1 to 2 tablespoons vegetable oil

In food processor bowl with metal blade or in blender (doing only half at a time), process nuts and 1 tablespoon oil until as smooth as desired, about two minutes.

Mixture will be extremely thick at first; scrape bowl often. If mixture remains too thick, add more oil, a little at a time. Cover and refrigerate.

About 1⅓ cups or  
14 (2 tablespoon) servings.

\* Fisher® Reduced Sodium Cashews, Cashews and Almonds or Mixed Nuts may also be used instead of peanuts.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/14 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	324	PROTEIN	22%
PROTEIN	14 g	VITAMIN A	*
CARBOHYDRATE	11 g	VITAMIN C	*
FAT	27 g	THIAMINE	12%
SODIUM	52 mg	RIBOFLAVIN	4%
POTASSIUM	380 mg	NIACIN	46%
		CALCIUM	4%
		IRON	7%

\* Contains less than 1% of the U.S. RDA of these nutrients.

Fresh fruit, dipped in rich chocolate and chopped nuts. An elegant dessert!

## Chocolate-Dipped Fruit

Semi-sweet or milk chocolate  
Fresh fruit pieces, such as whole strawberries, orange sections, cherries, grape clusters, pineapple wedges or whole dried apricots, peaches or apples

Finely chopped Fisher® Reduced Sodium Spanish Peanuts, Reduced Sodium Party Peanuts, Reduced Sodium Dry Roasted Peanuts or Unsalted Dry Roasted Peanuts

Melt chocolate carefully in double boiler or in microwave, according to microwave directions. Dip fruit pieces in chocolate to coat one-third of each piece. Immediately dip into chopped nuts. Place on waxed paper to harden.

Refrigerate up to two hours before serving. 1 teaspoon chocolate and 1 teaspoon chopped nuts per piece of fruit.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 TSP. CHOCOLATE, 1 TSP. CHOPPED NUTS		PERCENT U.S. RDA PER SERVING	
CALORIES	40	PROTEIN	1.5%
PROTEIN	1 g	VITAMIN A	*
CARBOHYDRATE	3 g	VITAMIN C	*
FAT	3 g	THIAMINE	1%
SODIUM	6 mg	RIBOFLAVIN	*
POTASSIUM	36 mg	NIACIN	3%
		CALCIUM	*
		IRON	1%

\* Contains less than 1% of the U.S. RDA of these nutrients.







An easy, non-yeast drop roll with rich, nutty glaze. Very wholesome!

## Hearty Peanut Butter Banana Rolls

### Topping

- 1/4 cup unsalted margarine or butter
- 1/3 cup firmly packed brown sugar
- 2 tablespoons Fresh Peanut Butter\*
- 1 tablespoon light corn syrup
- 1 teaspoon cinnamon
- 1/2 cup Fisher® Reduced Sodium Spanish Peanuts

### Rolls

- 3 tablespoons unsalted margarine or butter, softened
- 1/4 cup firmly packed brown sugar
- 1/4 cup Fresh Peanut Butter\*
- 3 eggs
- 1/2 cup mashed ripe banana
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon

Heat oven to 350°F. Lightly grease an 8-inch baking pan. In small saucepan, combine all Topping ingredients except nuts; stir over low heat until margarine is melted. Stir in nuts. Spread in prepared pan. In small, deep bowl, cream three tablespoons margarine, 1/4 cup brown sugar and 1/4 cup peanut butter; add remaining Roll ingredients; blend well. Drop by 9 to 12 large spoonfuls over Topping in pan, forming individual rolls. Bake at 350°F. for 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool one minute; invert onto waxed paper-lined cookie sheet. Spoon any remaining topping in pan over rolls. 9 to 12 rolls.

\*Recipe on page 19.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/9 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	343	PROTEIN	14%
PROTEIN	9 g	VITAMIN A	12%
CARBOHYDRATE	33 g	VITAMIN C	2%
FAT	21 g	THIAMINE	12%
SODIUM	85 mg	RIBOFLAVIN	7%
POTASSIUM	291 mg	NIACIN	21%
		CALCIUM	4%
		IRON	11%



A company dish! Nut-coconut meringue stays fluffy for hours. Serve warm or cold.

# Grapefruit Alaska

- 2 grapefruit, halved and sectioned
- 2 egg whites
- 2 tablespoons powdered sugar
- 1/4 cup peach or apricot preserves
- 1/4 cup coconut
- 1/4 cup finely chopped Fisher® Reduced Sodium Party Peanuts, Reduced Sodium Dry Roasted Peanuts, Reduced Sodium Spanish Peanuts or Unsalted Dry Roasted Peanuts

Heat oven to 425°F. In medium bowl, beat egg whites until frothy; gradually beat in sugar until completely dissolved (do not underbeat). Fold in preserves, coconut and three tablespoons chopped nuts (reserve one tablespoon for top). Spoon mixture over tops of grapefruit halves. Sprinkle with reserved nuts. Place on cookie sheet; bake at 425°F. for 7 to 9 minutes or until meringue is lightly browned. Serve warm or refrigerate up to 6 hours and serve cold. 4 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE: 1/4 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	188	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	2%
CARBOHYDRATE	31 g	VITAMIN C	64%
FAT	6 g	THIAMINE	5%
SODIUM	44 mg	RIBOFLAVIN	5%
POTASSIUM	252 mg	NIACIN	9%
		CALCIUM	3%
		IRON	5%





A famous favorite made better with chopped nuts. It's baked, not fried.

## Chicken "Nutgets" with Honey Sauce

- 1 large chicken breast, boned and skin removed
  - $\frac{3}{4}$  cup finely chopped Fisher® Reduced Sodium Party Peanuts, Reduced Sodium Dry Roasted Peanuts or Unsalted Dry Roasted Peanuts
  - $\frac{1}{4}$  teaspoon garlic powder
  - $\frac{1}{4}$  teaspoon onion powder
  - Toothpicks
- Honey Sauce**
- $\frac{1}{3}$  cup honey
  - 1 teaspoon cider vinegar

Heat oven to 400°F. Lightly grease a large cookie sheet. Cut chicken into about twenty 1-inch cubes. In small bowl, combine nuts, garlic powder and onion powder. Coat chicken pieces firmly and evenly with nut mixture; place on prepared pan. Bake at 400°F. for 20 to 25 minutes or until lightly browned. Insert toothpicks into each piece and serve with Honey Sauce.

**Honey Sauce:** In small bowl, combine honey and vinegar. About 20 appetizer servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/20 OF RECIPE		PER SERVING	
CALORIES	64	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	*
CARBOHYDRATE	6 g	VITAMIN C	*
FAT	3 g	THIAMINE	1%
SODIUM	41 mg	RIBOFLAVIN	2%
POTASSIUM	75 mg	NIACIN	14%
		CALCIUM	1%
		IRON	2%

\*Contains less than 1% of the U.S. RDA of these nutrients.







Mild curry, fruit dressing uses less mayonnaise. A spring/summer entrée.

## Curried Chicken Salad

- 2 cups cooked, cubed chicken or turkey
- 20-oz. can pineapple chunks in juice, drained\*
- 1/2 cup sliced green onions
- 1/2 cup chopped fresh peapods or celery
- 1/2 cup Fisher® Unsalted Peanuts and Raisins
- 1/4 cup coconut
- 4 3/4-oz. jar strained apricots with tapioca (baby food)
- 3 tablespoons mayonnaise
- 1 tablespoon sugar
- 1 teaspoon curry powder
- 1/4 teaspoon ginger
- 2 melons or fresh pineapples\*

In large bowl, combine all ingredients except melons. Cover and refrigerate for 1 to 4 hours. Cut melons in half; remove seeds and fruit. Cut fruit into bite-size pieces. Place fruit in shells. Spoon salad mixture over fruit. Garnish as desired. 4 servings.

\* If using fresh pineapples for salad containers, substitute cubed fresh pineapple chunks for the canned chunks.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/4 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	520	PROTEIN	47%
PROTEIN	31 g	VITAMIN A	190%
CARBOHYDRATE	56 g	VITAMIN C	194%
FAT	22 g	THIAMINE	22%
SODIUM	195 mg	RIBOFLAVIN	14%
POTASSIUM	1325 mg	NIACIN	66%
		CALCIUM	9%
		IRON	20%

Famous Trail Mix is healthier, less salty with low sodium cereals.

## Pretty-Good-For-You Snack Mix

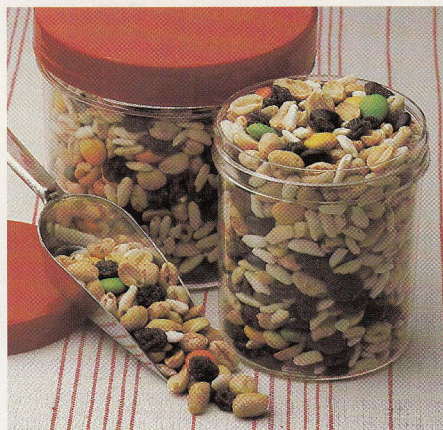
- 8-oz. jar (2 cups) Fisher® Unsalted Peanuts and Raisins
- 2 cups or combination of puffed wheat or puffed rice cereal
- 1 cup multi-colored candy-coated chocolate pieces

In large bowl, combine all ingredients. Store tightly covered. 5 cups or 15 (1/3 cup) servings.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/15 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	489	PROTEIN	7%
PROTEIN	14 g	VITAMIN A	•
CARBOHYDRATE	48 g	VITAMIN C	•
FAT	32 g	THIAMINE	4%
SODIUM	7 mg	RIBOFLAVIN	2%
POTASSIUM	543 mg	NIACIN	14%
		CALCIUM	2%
		IRON	5%

\* Contains less than 1% of the U.S. RDA of these nutrients.





# Pecans





Rich, cake-like brownies topped with pecans and a drizzle of mocha glaze.

## Mocha Pecan Brownies

- 1/2 cup unsalted margarine or butter, softened
- 1 cup firmly packed brown sugar
- 3 eggs
- 3/4 cup all-purpose flour
- 4-oz. semi-sweet chocolate, melted and cooled to room temperature
- 1 teaspoon instant coffee granules
- 1 teaspoon vanilla
- 2 1/4-oz. pkg. (2/3 cup) chopped Fisher® Natural Pecans

### Mocha Glaze

- 1/2 teaspoon instant coffee granules
- 1 to 2 teaspoons hot water
- 1/3 cup powdered sugar
- 16 Fisher® Natural Pecans

Heat oven to 350°F. Lightly grease an 8-inch square pan. In medium bowl, cream butter and sugar; beat in eggs. Blend in flour, chocolate, coffee, vanilla and chopped nuts. Spread in prepared pan. Bake at 350°F. for 25 to 35 minutes until top has a dry, shiny appearance. Cool. Drizzle with Mocha Glaze. Top with sixteen pecan halves, spaced so each pecan is in the center of one piece.

**Mocha Glaze:** In small bowl, dissolve coffee granules in one teaspoon hot water. Stir in powdered sugar and additional water to make a glaze consistency. 16 servings.

#### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/16 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	256	PROTEIN	5%
PROTEIN	3 g	VITAMIN A	7%
CARBOHYDRATE	26 g	VITAMIN C	*
FAT	17 g	THIAMINE	9%
SODIUM	156 mg	RIBOFLAVIN	5%
POTASSIUM	151 mg	NIACIN	2%
		CALCIUM	3%
		IRON	7%

\* Contains less than 1% of the U.S. RDA of this nutrient.

Simple, yet elegant: carrots and pecans with a touch of brown sugar and brandy.

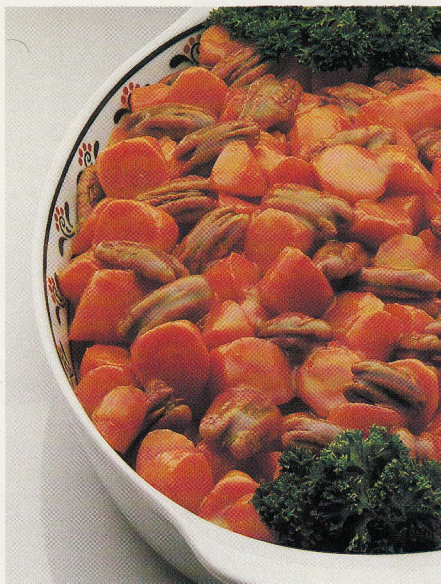
## Glazed Praline Carrots

- 2 cups frozen or fresh sliced carrots
- 2 tablespoons unsalted margarine or butter
- 2 tablespoons firmly packed brown sugar
- 1 teaspoon cornstarch
- 1 tablespoon water
- 1 tablespoon brandy
- 1/2 cup Fisher® Natural Pecans

In medium saucepan, cook carrots; drain, if necessary. Stir in margarine and sugar; cook until bubbling. Combine cornstarch, water and brandy; stir into carrots. Cook, stirring constantly, until thickened and bubbling. Stir in nuts. 2 to 3 servings.

#### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/2 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	408	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	336%
CARBOHYDRATE	29 g	VITAMIN C	16%
FAT	31 g	THIAMINE	24%
SODIUM	55 mg	RIBOFLAVIN	7%
POTASSIUM	556 mg	NIACIN	5%
		CALCIUM	8%
		IRON	11%





# Almonds





Low-calorie poached fish has a  
lemony almond butter glaze.  
Every-day easy!

## Fillet of Sole with Almond-Lemon Butter

- 1 lb. fresh or frozen and thawed  
sole fillets\*
- 1 cup dry white wine
- 1 cup water
- 2 tablespoons lemon juice
- 1 small onion, sliced
- 1/2 teaspoon tarragon
- 1/2 teaspoon pepper

### Almond-Lemon Butter

- 1/4 cup unsalted butter or  
margarine
- 1/2 cup Fisher® Natural Sliced  
Almonds
- 2 tablespoons lemon juice
- 1 teaspoon sugar

In large skillet, place sole fillets,  
wine, water, lemon juice, onion,  
tarragon and pepper. Bring to  
boiling; reduce heat, cover and  
simmer just until fish flakes — 2 to 4  
minutes. Remove fish to serving  
plate or individual plates; cover  
and keep warm. Discard liquid. In  
same skillet, melt butter on low  
heat. Stir in almonds; cook just until  
butter is beginning to brown. Stir in  
lemon juice and sugar; pour over  
fish. 4 servings.

\*Haddock, cod or other mild-flavored fish  
fillets may also be used. Increase cooking  
time if fillets are thicker than sole.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE: 1/4 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	427	PROTEIN	54%
PROTEIN	35 g	VITAMIN A	14%
CARBOHYDRATE	8 g	VITAMIN C	14%
FAT	24 g	THIAMINE	9%
SODIUM	129 mg	RIBOFLAVIN	15%
POTASSIUM	653 mg	NIACIN	20%
		CALCIUM	8%
		IRON	11%



Use instead of syrup, for waffles,  
pancakes, quick breads. A fresh  
new taste!

## Fresh Fruit and Nut Spread

- 1/4 cup unsalted margarine or  
butter, softened
- 1 cup powdered sugar
- 1 egg yolk
- 1/2 cup finely chopped fresh  
strawberries, peaches,  
plums or oranges
- 1/2 cup finely chopped Fisher®  
Natural Almond Slices,  
Slivered Almonds or  
Unblanched Almonds
- 1/4 teaspoon almond extract

In small, deep bowl, beat  
margarine, sugar and egg yolk  
until light and fluffy. Add fruit, nuts  
and almond extract; mix just until  
blended. Serve with hot waffles,  
pancakes, French toast or quick  
breads.  
1 1/4 cups or 10 (2 tablespoon)  
servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE: 1/10 OF RECIPE		PERCENT U.S. RDA PER SERVING	
CALORIES	127	PROTEIN	2%
PROTEIN	1 g	VITAMIN A	5%
CARBOHYDRATE	14 g	VITAMIN C	15%
FAT	8 g	THIAMINE	1%
SODIUM	1 mg	RIBOFLAVIN	4%
POTASSIUM	64 mg	NIACIN	1%
		CALCIUM	2%
		IRON	3%



A pretty company dessert: moist and rich with preserves and sliced almonds.

## Raspberry Almond Torte

- 3/4 cup sugar
- 1/2 cup unsalted margarine or butter, softened
- 2 eggs
- 1 teaspoon almond extract
- 3/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 2 3/4-oz. pkg. (2/3 cup) finely ground Fisher® Natural Sliced Almonds
- 1/2 cup raspberry preserves
- 1/3 cup Fisher® Natural Sliced Almonds
- Powdered sugar

Heat oven to 350°F. Lightly grease an 8-inch round cake pan. In

medium bowl, combine sugar, margarine, eggs, almond extract, flour, baking powder and ground almonds; beat until well blended. Spread mixture in prepared pan. Bake at 350°F. for 25 to 35 minutes until just lightly browned (do not overbake). Cool 10 minutes; remove from pan. Cool completely. Place on serving plate. Spread top with raspberry preserves; sprinkle with almond slices and powdered sugar. 12 servings.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/12 OF RECIPE		PERCENT U.S. RDA PER SERVING
CALORIES	235	PROTEIN 6%
PROTEIN	4 g	VITAMIN A 8%
CARBOHYDRATE	28 g	VITAMIN C *
FAT	13 g	THIAMINE 6%
SODIUM	26 mg	RIBOFLAVIN 8%
POTASSIUM	91 mg	NIACIN 4%
		CALCIUM 3%
		IRON 5%

\* Contains less than 1% of the U.S. RDA of this nutrient.





# Walnuts





Moister than cake, with wonderful fresh apple and brown sugar flavor.

## Apple Nut Pudding with Vanilla Sauce

### Pudding

- 3/4 cup sugar
- 1/4 cup unsalted margarine or butter, softened
- 1 egg
- 1 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon nutmeg
- 1 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 4 cups (4 medium) shredded peeled apple
- 2 3/4-oz. pkg. (2/3 cup) Fisher® Natural Chopped Walnuts

### Vanilla Sauce

- 3 tablespoons unsalted margarine or butter
- 1/2 cup sugar
- 1/2 cup half and half cream or heavy cream
- 1 teaspoon vanilla

Heat oven to 350°F. Lightly grease an 8-inch square pan. In large bowl, beat 3/4 cup sugar, 1/4 cup margarine, egg, cinnamon, cloves and nutmeg until creamy. Add flour, soda, apple and nuts; mix just until blended. Spread batter in prepared pan. Bake at 350°F. for 30 to 40 minutes until brown. Serve warm with Vanilla Sauce. Top with additional walnuts, if desired.

**Vanilla Sauce:** In small saucepan, combine all ingredients. Bring to boiling; simmer two minutes, stirring occasionally. Serve warm. 6 servings.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/6 OF RECIPE		PERCENT U.S. RDA PER SERVING
CALORIES	550	9%
PROTEIN	7 g	13%
CARBOHYDRATE	77 g	3%
FAT	25 g	14%
SODIUM	76 mg	10%
POTASSIUM	209 mg	7%
		CALCIUM 5%
		IRON 8%

A chewy, rich bar, loaded with fruit, nuts, coconut and wheat germ.

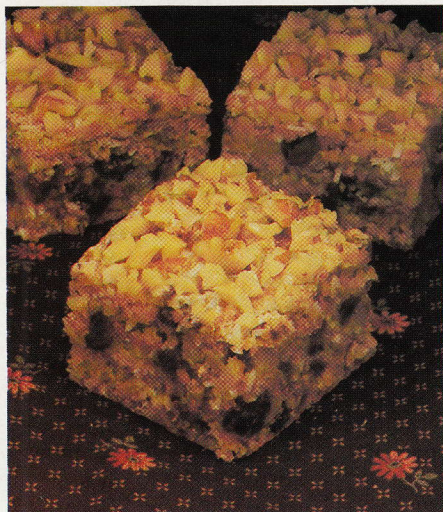
## Rich and Chewy Snack Bars

- 3 eggs
- 3/4 cup sugar
- 2 pkgs. (2 3/4 oz. each) Fisher® Natural Chopped Walnuts
- 1 cup coconut
- 1 cup chopped dates
- 3/4 cup whole wheat flour
- 1/4 cup wheat germ
- 1 teaspoon grated orange rind

Heat oven to 350°F. Lightly grease an 8-inch square pan. In large bowl, beat eggs and sugar until well blended. Blend in 1 cup of the nuts and remaining ingredients; mix well. Spread in prepared pan. Sprinkle with rest of nuts. Bake at 350°F. for 25 to 35 minutes or until light golden brown. Cool before cutting. 16 servings.

### NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/16 OF RECIPE		PERCENT U.S. RDA PER SERVING
CALORIES	189	7%
PROTEIN	4 g	2%
CARBOHYDRATE	24 g	1%
FAT	10 g	8%
SODIUM	13 mg	4%
POTASSIUM	177 mg	3%
		NIACIN 3%
		CALCIUM 3%
		IRON 7%





# Sodium Guide

## Fruits & Fruit Juices

	mg.
Apple, 1, 2-inches diam.	1
Apple juice, ½ cup	0.7
Banana, ½ small	5
Blueberries, ½ cup	1
Cantaloupe, ¼, 6-inches diam.	10
Grapefruit, ½, 4-inches diam.	1
Grapefruit juice, ½ cup	1
Grapes, 12 large	2
Lemon juice, ½ cup	1
Nectarine, 1 medium	8
Orange, 1 small	1
Orange juice, ½ cup	1
Peach, 1 medium	1
Pear, 1 small	3
Pineapple, fresh or canned, ½ cup	1
Raisins, 2 tbs.	6
Strawberries, ¾ cup	1
Watermelon, ¾ cup	1.5

## Vegetables

	mg.
Asparagus, 1 cup	1
Beans sprouts, 1 cup	4
Broccoli, 1 cup	22
Brussels sprouts, 1 cup	16
Cabbage, 1 cup	16
Carrots, 1 medium	24
Cauliflower, 1 cup	12
Celery, 1 cup	100
Corn, cooked, drained, ½ cup	1
Cucumber, 1 cup	8
Lettuce, 1 cup	7
Mushrooms, 1 cup	10
Onions, ½ cup	9
Peas, ¼ cup	trace
Peppers, green and red, 1 cup	20
Potatoes, white, baked or boiled, 1, 2-inches diam.	2
Radishes, ½ cup	10
Spinach, 1 cup	37
Squash, acorn, ½ cup	1
String beans, 1 cup	6
Summer squash, 1 cup	2
Tomatoes, 1 medium	6
Tomato juice, ½ cup	244
Tomato sauce, ½ cup	831
Zucchini, 1 cup	1

## Breads & Other Starches

	mg.
Bread, whole wheat, 1 slice	136
Bread, white and sourdough, 1 slice	148
English muffin, 1	266
Graham crackers, 2	88
Melba toast, 6 slices	222
Oatmeal, cooked, ½ cup	1
Pancakes, 2, 3-inches diam.	412
Pasta, cooked, ½ cup	1
Pretzels, 10 very thin or 1 large	90
Rice, white, cooked unsalted, ½ cup	3
Saltlines, salted, 5	250
Tortilla, corn, flour, 1, 7-inches diam.	trace

## Dairy Products & Eggs

	mg.
Butter, 1 tsp.	39
Butter, unsalted, 1 tsp.	0.3
Cheese:	
Cheddar, 1 oz.	193
Cottage cheese, creamed, ¼ cup	130
Cream cheese, 1 tbs.	35
Mozzarella, 1 oz.	227
Parmesan, ¼ cup, ⅓ oz.	163
Swiss, 1 oz.	85
Cream:	
Half and half, 3 tbs.	18
Sour, 2 tbs.	12
Egg, 1 medium	59
Ice cream, hard, 1 cup	84
Ice milk, 1 cup	136

	mg.
Margarine:	
Polyunsaturated, 1 tsp.	35
Polyunsaturated, unsalted, 1 tsp.	0.8
Milk:	
Skim, non-fat, 1 cup	127
Whole, 1 cup	120
Yogurt, flavored, low-fat, 1 cup	141

## Meat, Fish, Poultry

	mg.
Bacon, crisp, 1 slice	209
Beef:	
Hamburger, very lean, 1 oz.	14
Frankfurters, 1 (8-9 per lb.)	508
Liver, 1 oz.	59
Bologna, 1 oz.	266
Chicken, 1 oz.	17.5
Ham, 1 oz.	264
Lamb chops, lean, 1 oz.	20
Pork chops, lean, 1 oz.	18
Pork sausage, 1 oz.	250
Salmon, canned, 1½ oz.	235
Sole, 1½ oz.	44
Shrimp, fresh, 5 medium	60
Tuna, canned in oil, ¼ cup	370
Turkey, 1 oz.	37
Veal cutlet, 1 oz.	23

## Miscellaneous

	mg.
Alcoholic beverages:	
Beer, 8 oz.	8
Spirits: whiskey, gin, rum, etc., 1 oz.	trace
Wine, red or white, dry, 3 oz.	4
Baking powder, 1 tsp.	350
Baking soda, 1 tsp.	1,123
Bouillon cube, beef, 1½-inch cube	425
Cocoa, dry, 2½ tbs.	10
Coffee, 1 cup	1
Cornstarch, 2 tbs.	1
Flour, all purpose, 2½ tbs.	1
Gelatin, unsweetened, 1 env.	4
Mayonnaise, 1 tsp.	25
Mustard, prepared, 1 tsp.	63
Oils, polyunsaturated, 1 tsp.	0
Olives, green, 4 medium	384
Pickles, without sugar, 1, 2-oz.	811
Popcorn, popped, unbuttered and unsalted, 1½ cup	1
Potato chips, 15, 2-inches diam.	300
Salt, 1 tsp.	2,200
Soy sauce, 2 tbs.	2,077
Sugar, 1 tbs.	0
Tomato catsup, 1½ tbs.	282
Vinegar, cider, 1 tbs.	trace

## Nuts, Beans & Seeds

	mg.
Beans, dried, cooked, unsalted (lima, soya, navy, pinto, kidney), ½ cup	3
Beans, baked, without salt or pork, ¼ cup	1.5
Coconut, unsweetened, 2 tbs.	5
Fisher® Almonds, raw, 1 oz.	1
Fisher® Cashews, reduced sodium, 1 oz.	65
Fisher® Cashews & Almonds, reduced sodium, 1 oz.	65
Fisher® Mixed Nuts, reduced sodium, 1 oz.	55
Fisher® Peanuts, 1 oz.	
Dry Roasted, reduced sodium	115
Blanched, Dry Roasted, unsalted	1
Party Peanuts, reduced sodium	55
Spanish Peanuts, reduced sodium	55
Fisher® Peanuts & Raisins, Dry Roasted, unsalted, 1 oz.	4
Fisher® Pecans, raw, 1 oz.	trace
Fisher® Sunflower Nuts, unsalted, 1 oz.	7
Fisher® Walnuts, raw, 1 oz.	1
Peanut Butter, 2 tbs.	156
Sesame seeds, 2 tsp.	4



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- Cashew Pasta Primavera — 3
- Curried Chicken Salad — 23
- Fillet of Sole with Almond-Lemon Butter — 27
- Fresh Peanut Butter — 19
- Fruity Cobb Salad — 17
- Meatloaf with Fresh Tomato Sauce — 5
- Mostly Veggie Sandwich — 8
- Peachy Popover Pancake — 11
- Polynesian Pork Chops — 13
- Stuffed Chicken Rolls with Mushroom Sauce — 4
- Sweet 'n Sour Beef Cashew — 7

## Side Dishes

- Double Nut Waldorf Salad — 10
- Fresh Fruit and Nut Spread — 27
- Glazed Praline Carrots — 25
- Grapefruit Alaska — 21
- Hearty Peanut Butter Banana Rolls — 20
- Mornay Sauce for Vegetables — 10
- Savory Sautéed Mushrooms and Rice — 12

## Desserts

- Apple Nut Pudding with Vanilla Sauce — 30
- Chocolate-Dipped Fruit — 19
- Fruit and Nut Devonshire — 15
- Mocha Pecan Brownies — 25
- Raspberry Almond Torte — 28
- Rich and Chewy Snack Bars — 30







