



### Walnut Romesco

1/3 cup walnuts (halves and pieces) – lightly toasted  
2 large garlic cloves  
½ teaspoon dried hot red pepper flakes  
½ cup coarsely chopped drained bottled roasted red peppers  
2 tablespoons red-wine vinegar  
½ teaspoon salt (or to taste)  
¼ cup extra virgin olive oil  
black pepper to taste

Finely grind walnuts, garlic and red pepper flakes in a food processor

Add roasted peppers, vinegar and salt. Puree adding oil in a slow stream.

Season with black pepper to taste.

Serves 4

\*\*Serves as an accompaniment to Moroccan Spiced Chicken.

**Nutrition information per serving:** 183 calories, 2 g protein, 3g carbohydrate, 1g fiber, 20g total fat, 3g saturated fat, 11g monounsaturated fat, 6g polyunsaturated fat, 0mg cholesterol, 292mg sodium

Serves 4

Recipe courtesy of The Grand Hyatt in New York City for Food for Your Whole Life™

Digital Image Available

Contact: Torme Lauricella Public Relations

(415) 956-1791, walnuts@torme.com



### Cucumber Walnut Tabbouleh

- 1 ½ cups couscous
- 1 seedless cucumber (diced)
- 8 plum tomatoes (seeded and diced)
- 2 cups loosely packed fresh parsley leaves (minced)
- 1 cup loosely packed fresh mint leaves (minced)
- 2 cups walnuts (finely chopped)

Cook Couscous as directed

Combine with cucumber, plum tomatoes, finely chopped walnuts, fresh mint and fresh parsley. Season to taste.

Serves 12

**Nutrition information per serving:** 225 calories, 7g protein, 23g carbohydrate, 4g fiber, 13g total fat, 1g saturated fat, 2g monounsaturated fat, 9g polyunsaturated fat, 0mg cholesterol, 12mg sodium

Recipe courtesy of The Grand Hyatt in New York City for Food for Your Whole Life™  
Digital Image Available

Contact: Torme Lauricella Public Relations  
(415) 956-1791, walnuts@torme.com



## Moroccan Spiced Chicken

Spice Blend:

Whisk ingredients in a small bowl until well combined:

- 1 tablespoon of olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 teaspoon salt
- $\frac{3}{4}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon ground coriander
- $\frac{1}{2}$  teaspoon cayenne

1 lb or 4, 4oz skinless, boneless chicken breast filets

Heat olive oil in medium skillet. Add chicken breast and sear on one side. Remove from pan, rub seared side with spice blend and let marinate.

Bake at 350 degrees for about 25 minutes or until chicken is cooked through.

Serves 4

\*\*Recommend serving with Walnut Romesco Sauce.

**Nutrition information per serving:** 160 calories, 26g protein, 1g carbohydrate, 1g fiber, 5g total fat, 1g saturated fat, 3g monounsaturated fat, 1g polyunsaturated fat, 65mg cholesterol, 656mg sodium

Recipe courtesy of The Grand Hyatt in New York City for Food for Your Whole Life™

Digital Image Available

Contact: Torme Lauricella Public Relations  
(415) 956-1791, walnuts@torme.com



### Lentil Medley

1 cup red lentils  
1 cup green lentils  
1 cup American lentils  
1 finely diced red onion  
1 finely diced red pepper  
1 finely diced green pepper  
Juice of 2 whole lemons  
¼ cup red wine vinegar  
½ cup extra virgin olive oil  
Salt and pepper to taste

Poach lentils with onions and peppers until al dente.

Toss all ingredients together and serve chilled.

Serves 12

**Nutrition information per serving:** 250 calories, 12g protein, 30g carbohydrate, 9g fiber, 10g total fat, 1g saturated fat, 7g monounsaturated fat, 2g polyunsaturated fat, 0mg cholesterol, 6mg sodium

Recipe courtesy of The Grand Hyatt in New York City for Food for Your Whole Life™

Digital Image Available

Contact: Torme Lauricella Public Relations

(415) 956-1791, walnuts@torme.com



### Canary Melon and Walnut Ambrosia

One whole melon cubed into ½ inch pieces  
1 cup Greek yogurt or strained nonfat plain yogurt  
1 cup walnuts chopped

Combine melon with Greek yogurt until it is lightly coated.

Sprinkle chopped walnuts on top and serve chilled.

**Nutrition information per serving:** 165 calories, 4g protein, 19g carbohydrate, 2g fiber, 10g total fat, 1g saturated fat, 1g monounsaturated fat, 7g polyunsaturated fat, 1mg cholesterol, 45mg sodium

Serves 8

Recipe courtesy of The Grand Hyatt in New York City for Food for Your Whole Life™

Digital Image Available

Contact: Torme Lauricella Public Relations

(415) 956-1791, walnuts@torme.com