

Pine Nut Recipes

GOAL

To learn how to make nutritious use of Pine Nuts and other nuts in recipes.

PREPARE

Pine nuts are little seeds that are inside pinecones. Only about 20 species of pine trees make nuts large enough to use in cooking, including the Pinyon Pine Tree. Pine nuts are technically a seed, consult your dr. before eating anything if you have an allergy.



Pinyon Pine Trees, native to USA.

One ounce of pine nuts contains:

- 191 calories
- 1 mg sodium
- 169 mg potassium
- 3.9 g protein

These little nuts are high in vitamins K, B1 and E and rich in phosphorus, iron, copper, magnesium, zinc and manganese which can help with diabetes management, heart health and brain health. They contain heart-healthy fats.

MATERIALS

Pine Nuts	Olive Oil	Salt	Basil	Parmesan Cheese	Garlic gloves	Spinach	Green Beans	Pepper
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3 Easy Pine Nut Recipes

TOASTED PINE NUTS

1

Preheat oven to 350. Line a baking sheet with parchment paper. Make sure you have edges, so the seeds don't go all over your oven. Toss the seeds in the olive oil and salt and roast for 3 minutes, then turn them over and roast 2-4 minutes more. Be Careful not to burn them.



PINE NUT PESTO

2

Put 2 cups fresh basil, $\frac{3}{4}$ cup grated parmesan cheese, $\frac{3}{4}$ cup olive oil, 3 cloves garlic, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ cup Pine nuts in a blender and blend until thoroughly combined, but not completely smooth. Toss with hot pasta!



PINE NUTS OVER SPINACH OR GREEN BEANS

3

Heat 2 tablespoons olive oil in a skillet over medium heat, add 2 tablespoons pine nuts, and 1 teaspoon minced garlic, salt and pepper to taste. Now you can add this to 3 pounds cooked spinach or 1 pound of cooked green beans and heat in skillet for 2-3 minutes.

