

Walnuts: A Wise Choice for a Healthy Heart and Mind

核桃：強健心臟和健康心靈的明智選擇

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本刊編輯部



Walnuts are one of the oldest foods from a tree known to man, and these tasty nuts have been eaten for over 7,000 years. At the City of Ten Thousand Buddhas (CTTB), and the nearby Walnut Ranch, in California, there are numerous walnut trees which produce crops year after year. Some of the trees at CTTB were even especially planted and grafted by the famous botanist and horticulturalist, Luther Burbank, nearly a century ago. According to the California Walnut Board, the State of California produces about 1 billion pounds of walnuts a year, 99% of the walnuts in the United States, and over 2/3s of the walnuts traded worldwide. Walnuts are the only nuts high in Omega-3 ALA, which is known to help in the reduction of cardiovascular disease. 1oz (approximately 30g) contains 4g of protein, 2g of fiber, and is also a rich source of magnesium, which helps strengthen bones, keep

核桃是人類已知來自樹上、歷史最悠久的食物之一，這種可口的堅果已被食用七千年以上。在加州萬佛聖城以及附近的核桃園，不計其數的核桃樹，年復一年結實纍纍。萬佛聖城裡的核桃樹，有些是由著名的植物學家及園藝學家路德·柏班克在近一世紀前，特別種植和接枝而成。加州核桃產銷委員會的資料顯示，全加州的核桃年產量約達10億磅，佔全美核桃總產量的99%，並佔全球核桃交易量三分之二以上。在各種堅果中，核桃是唯一富含不飽和脂肪酸歐米伽-3當中的 α -亞麻酸，可降低心血管疾病。一盎司（約30公克）的核桃含4公克蛋白質，2公克纖維，也是鎂的豐富來源，可強化骨骼，維持血壓正常，心跳穩定平均。祝君健康！

blood pressure normal, and the heart beating at a steady, even rhythm. To your health!

These recipes can make a delicious, healthy snack in the winter or can also be added to salads in the summer.

Sesame Sugar Walnuts

4 cups/14 oz (400g) walnut halves, 2 cups/14 oz (400g) sugar, 1 cup roasted sesame seeds, 1/4 cup water

Preheat oven to 350°F (180°C). Spread walnuts out on a large sheet pan. Bake for about 7 - 8 minutes till walnuts are nicely toasted and put aside.

In a saucepan over medium heat, add water and then sugar. Stir slowly until sugar becomes golden colored syrup. Turn off heat. Quickly toss in walnuts and sesame seeds into the warm syrup, and stir them into the syrup. Line sheet pan with parchment paper to prevent them from sticking to pan. Then take walnuts out of saucepan while separating the walnuts from each other on the parchment paper so they won't stick together. Let the walnuts cool and firm to the touch.

Rosemary and Sea-Salt Roasted Walnuts

4 cups/14 oz (400g) walnut halves, 2 tablespoons olive oil, 2 tablespoons chopped rosemary, 1.5 tablespoons sea salt

Preheat oven to 350°F (180°C). Toss walnuts with oil, salt, and rosemary. Spread out on a large sheet pan. Bake for about 10 minutes till nicely toasted. Let cool.

Turmeric Spiced Walnuts

4 cups/14 oz (400g) walnut halves, 1.5 tablespoons coconut oil, 1 teaspoon turmeric, 1 teaspoon sea salt, pinch of cayenne pepper (for those who like it a little bit spicy)

Preheat oven to 350°F (180°C). Toss walnuts with coconut oil, turmeric, sea salt, and cayenne pepper. Spread out on a large sheet pan. Bake for about 10 minutes till nicely toasted. Let cool.

Then, enjoy or store in a glass jar in a cool, dry place.



以下食譜可做出美味又健康的冬季點心，也可加入夏日沙拉中。

芝麻糖核桃

半形核桃4杯（約14盎司/400公克），糖2杯（同樣約14盎司/400公克），1杯烤過的芝麻粒，1/4杯水

烤箱預熱至華氏350度（攝氏180度）。將核桃均勻鋪在大平底鍋裡，烤7-8分鐘，直到核桃烤好，放置一旁備用。

長柄鍋內注入水，加糖，中火熬煮。慢慢攪動，直到將糖水煮成金黃色的糖漿為止，熄火。儘快將核桃、芝麻撒到溫熱的糖漿裡攪動。平底鍋鋪上烘培用的油紙，以防沾鍋。將核桃從長柄鍋內撈出並粒粒分開，放在油紙上，讓核桃冷卻變硬。

迷迭香與海鹽烤核桃

半形核桃4杯（約14盎司/400公克），2湯匙橄欖油，2湯匙切碎的迷迭香，1.5湯匙海鹽

烤箱預熱至華氏350度（攝氏180度）。將橄欖油、海鹽、切碎的迷迭香灑在核桃上，再將核桃平均鋪到大平底鍋裡。烤約10分鐘，直到烤好為止，放置待涼。

薑黃辣核桃

半形核桃4杯（約14盎司/400公克），1.5湯匙椰子油，1茶匙薑黃，1茶匙海鹽，少許紅辣椒粉（給嗜辣者）

烤箱預熱至華氏350度（攝氏180度）。將椰子油、薑黃、海鹽、紅辣椒粉灑在核桃上，再將核桃平均鋪到大平底鍋裡。烤約10分鐘，直到烤好為止，放置待涼。

接著，就可以大快朵頤，或者放入玻璃罐裡，存放在乾燥涼爽處。❀