

FOR IMMEDIATE RELEASE  
June 5, 2001

## TREE NUTS ADD FLAVOR AND NUTRIENTS TO SUMMER ENTERTAINING

Tree nuts—nuts that grow on trees such as almonds, Brazils, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts—are one of the world’s favorite and most basic foods. A part of many world diets known to be exceptionally healthful, tree nuts provide many important nutrients along with their rich and delicious flavor. A number of studies have shown that the nutrients, including vitamins, minerals and phytochemicals found in as little as one ounce of nuts per day, can significantly decrease the risk of heart disease.

Although nuts are relatively high in fat, most of that fat is unsaturated. Saturated fats, those found mainly in animal products, raise blood cholesterol levels, which can increase the risk of heart attack or stroke. Unsaturated fats, the monounsaturated and polyunsaturated fats found mainly in plant foods like nuts, can actually decrease low-density lipoprotein (LDL or “bad” cholesterol) levels.

While the unsaturated fat in nuts may play a major role in the protective effect against heart disease, other nutrients may also be important. Tree nuts are a great source of folic acid, niacin and vitamins E and B<sub>6</sub>, as well as magnesium, copper, zinc, selenium, phosphorus and potassium. While not every nut contains all of these nutrients, eating a mixture of tree nuts can certainly provide a powerful punch.

The International Tree Nut Council has developed two new recipes for summer entertaining that showcase the international appeal of tree nuts. Both are perfect for gatherings large or small, as they duplicate easily and are served at room temperature. Use as many nuts as desired for the nut mixtures; each variety will add color, texture and a different flavor. Try one or both of these dishes for outside or inside entertaining, for pool parties, picnics or any summer gathering.

**Mediterranean Shrimp and Tree Nut Salad** pairs a mix of tree nuts with shrimp, tomatoes and saffron-flavored rice; hazelnuts, macadamias, pecans and walnuts are particularly tasty with these flavors. The fresh basil, mint and lemon juice flavors keep the dish light and springy. Serve this salad on a bed of greens and add crusty bread for a complete meal.

For a casual gathering, especially one involving children, serve **South-of-the-Border Mixed Tree Nut and Chicken Pitas**. This colorful dish is packed with Southwestern flavors, like jicama, avocado and lime. Try a mixture of almonds, Brazil nuts, cashews, pine nuts and pistachios in these sandwiches. A plate of fresh fruit is a nice complement.

Attention Media:

The enclosed brochure, "Go Nuts, Go Healthy," contains nutritional information, purchasing and storage tips, recipes and other information on tree nuts. Readers may obtain a free copy of the enclosed brochure by **sending a self-addressed, stamped, number 10 (long) envelope to:**

**International Tree Nut Council  
2413 Anza Avenue  
Davis, CA 95616**

## MEDITERRANEAN SHRIMP AND TREE NUT SALAD

Makes 4 servings

2 tablespoons	olive oil, divided
1 pound	medium shrimp, peeled and deveined
4	medium tomatoes, cut into wedges
1/4 cup	fresh basil, chopped
1/4 cup	fresh mint, chopped
1 tablespoon	lemon juice
1 clove	garlic, minced
3 cups	saffron-flavored rice, cooked according to package directions
1/2 cup	mixed tree nuts, halved and lightly toasted
1/2 teaspoon	salt
1/2 teaspoon	black pepper
1 cup	mixed baby salad greens

In large nonstick skillet over medium-high heat, warm one tablespoon olive oil. Add shrimp and cook, tossing, until shrimp are slightly firm to the touch and no longer translucent, about 3 minutes. Set aside to cool. In large bowl, combine tomatoes, basil, mint, lemon juice, garlic and remaining tablespoon of olive oil; set aside 20 minutes at room temperature. Stir in rice, nuts and shrimp; toss gently. Season with salt and pepper. Spoon salad onto the center of platter or plate and surround with greens. If desired, garnish with additional mixed tree nuts.

*Nutritional Information Per Serving:*

*470 calories; 20 g fat; 12 g monounsaturated fat; 4 g polyunsaturated fat; 3 g saturated fat; 32 g protein*

## SOUTH-OF-THE-BORDER MIXED TREE NUT AND CHICKEN PITAS

Makes 8 servings

1 cup	low-fat or nonfat bottled Italian salad dressing
2 tablespoons	lime juice
1 tablespoon	lime zest, grated
2 cups	cooked shredded chicken
1/3 cup	mixed tree nuts, halved and lightly toasted
4	pita bread rounds
1 cup	jicama or cucumber, julienned and peeled
1	avocado, peeled, pitted and sliced
1/2 cup	prepared roasted red peppers, julienned

Preheat oven to 325 F. To make vinaigrette, in small bowl whisk together dressing, lime juice and zest. In another bowl, toss chicken with tree nuts and enough vinaigrette to moisten. Warm pitas in oven for 3 minutes; halve and fill with chicken mixture, dividing equally. Fill pitas with jicama (or cucumber), avocado and red pepper, dividing equally. To serve, drizzle pitas with remaining vinaigrette and, if desired, sprinkle with lightly toasted mixed tree nuts.

*Nutritional Analysis Per Serving:*

*240 calories; 10 g fat; 5 g monounsaturated fat; 2 g polyunsaturated fat; 2 g saturated fat; 15 g protein*