

ADD FLAVOUR TO YOUR MEALS WITH Nuts & Seeds

Equally at home in both sweet and savoury recipes, flavourful nuts and seeds make any dish better. This guide offers the best ways to use some of the most common varieties.



Almonds

Undertones of honey, with more chew than crunch

TRY

SWEET | Peach dessert: Sprinkle slivered almonds over pan-fried peach halves; drizzle with honey.

SAVOURY | Hummus: Process ½ cup (125 mL) almonds along with chickpeas in your best hummus recipe.



Brazil Nuts

Earthy and slightly bitter, with a soft crunch

TRY

SWEET | Brownies: Add ½ cup (125 mL) chopped Brazil nuts to brownie batter before baking.

SAVOURY | Stuffing: Add roasted, chopped Brazil nuts to your favourite stuffing.



Cashews

Pleasantly sweet, with creamy undertones and a soft bite

TRY

SWEET | Ice cream topper: Stir chopped salted cashews into warm caramel sauce.

SAVOURY | Mock cream sauce: Soak cashews overnight, drain and blend with vegetable broth until smooth and creamy.



Chestnuts

Sweet, grassy and very soft, with a starchy texture

TRY

SWEET | Crêpe filling: Purée roasted chestnuts with 35% whipping cream until smooth.

SAVOURY | Squash soup: Cook packaged chestnuts with the diced squash in your favourite puréed soup recipe.



Chia Seeds

Tiny and mild-tasting; create a gel when soaked in liquid

TRY

SWEET | Yogourt bowl: Stir together chia seeds, rolled oats, yogourt and berries for easy overnight oats.

SAVOURY | Crunchy coating: Add 2 tbsp (30 mL) chia seeds to breadcrumb mixture in crusted chicken or pork recipes.



Flaxseed

Brown variety is rich and nutty-tasting; golden is more mild

TRY

SWEET | Cookies: Swap up to ¼ cup (60 mL) regular flour with ground flaxseeds.

SAVOURY | Homemade bread: Add 2 tbsp (30 mL) flaxseeds to dry mixture.



Hazelnuts

On the sweeter side, with hints of coffee and a solid crunch

TRY

SWEET | Hazelnut bark: Stir whole roasted hazelnuts into melted milk chocolate, spread onto a lined pan and refrigerate.

SAVOURY | Crostini: Top toasted baguette slices with brie, pear and chopped roasted hazelnuts.



Macadamia Nuts

Rich-tasting and delicately sweet, with a crisp crunch

TRY

SWEET | Cupcakes: Add chopped macadamia nuts to vanilla cupcakes and top with white chocolate icing.

SAVOURY | Pan-fried fish: Coat skinless fish fillets with chopped nuts and pan-fry until golden.



Peanuts

Slightly sweet, with a solid crunch; technically a legume

TRY

SWEET | Peanut granola: Stir peanuts into your favourite homemade granola before baking.

SAVOURY | Tomato soup: Whisk 1 tbsp (15 mL) peanut butter into tomato soup; top with salted peanuts.



Pecans

Maple-like sweetness, with a soft bite

TRY

SWEET | Cinnamon pecans: Simply toss with cinnamon and roast at 350°F (180°C) until fragrant.

SAVOURY | Coat chicken strips with flour, beaten egg, then finely chopped pecans. Bake at 375°F (190°C) until golden.



Pine Nuts

Distinctively pine-like flavour, with a soft bite

TRY

SWEET | Chocolate chip cookies: Add ¾ cup (175 mL) toasted pine nuts to cookie batter.

SAVOURY | Quinoa: Toss toasted pine nuts with quinoa and a drizzle of olive oil for a simple side dish.



Pistachios

Creamy and herbaceous, with a soft bite

TRY

SWEET | Cinnamon rolls: Add chopped pistachios to the cinnamon-sugar filling.

SAVOURY | Pesto: Replace pine nuts with an equal amount of pistachios.



Pumpkinseeds

Creamy and slightly bitter, with crunchy-chewy texture

TRY

SWEET | Zucchini loaf: Stir ½ cup (125 mL) into batter; sprinkle another 1 tbsp (15 mL) on top before baking.

SAVOURY | Yogourt bowl: Top plain yogourt with roasted red peppers, pumpkinseeds and a sprinkle of cumin.



Sesame Seeds

Buttery-tasting and slightly bitter, with a crunchy texture

TRY

SWEET | Marshmallow cereal squares: Stir ¼ cup (60 mL) seeds into mixture before spreading in pan.

SAVOURY | Stir-fry: Sprinkle over stir-fried meat and vegetables before serving.



Walnuts

Creamy undertone, with a bitter aftertaste and a soft crunch

TRY

SWEET | Baked apples: Stuff cored apples with a mixture of walnuts, brown sugar and cinnamon, and bake at 350°F (180°C) until apples are tender.

SAVOURY | Pasta: Top classic spaghetti and tomato sauce with crunchy toasted walnuts.

HOW TO HANDLE NUTS AND SEEDS

Selection



Shelled nuts and seeds absorb moisture and external odours easily, so choose bulk or packaged nuts that are in clean, moisture-free containers.

Storage



To maximize their freshness, you may store some varieties of nuts and seeds in the fridge for several months. At room temperature, nuts and seeds will retain their quality for up to one month, after which they may develop an unpleasant bitter taste.

Prep



To enhance their flavour, spread raw nuts in a single layer on a baking sheet and bake at 350°F (180°C) for five to 10 minutes, stirring occasionally. Or use a skillet and toast on the stovetop over medium heat, shaking the pan often so nuts or seeds don't stick.