



American
PECANS



BEYOND PIE: PECANS FOR EVERYDAY MEALS

Thanks to their rich, buttery and slightly sweet flavor, pecans make the perfect addition to any meal. From breakfast to dinner and snacks in between, here are some easy ways to enjoy pecans throughout your day.



BREAKFAST IDEAS

CRUNCHY TOPPING

Add simply toasted or lightly candied pecans to oatmeal, Greek yogurt or a smoothie bowl.

PECAN PANCAKES

Add chopped pecans or pecan flour into pancake mix or use as a crunchy topping.

BREAKFAST SMOOTHIE

Toss a handful of toasted pecans into your favorite fruit-based or green smoothie; pecans pair great with berries, peaches, bananas, kale and more!

NUT BUTTER TOAST

Make your own pecan butter by blending toasted pecans in a food processor until creamy, either alone or with a little neutral oil.



LUNCH IDEAS

CRUNCHY ADD-IN

Add toasted or sweet & spicy candied pecans as a topping on a salad, grain bowl or chilled pasta salad.

Did You Know?

PECANS ARE A NUTRITION POWERHOUSE!

- 1-oz serving of pecans = 19 halves
- Pecans have 3 grams of dietary fiber
- Pecans have 3 grams of plant-based protein per serving
- Pecans have 12 grams of good monounsaturated fat



SOUP GARNISH

Use pecan pieces as a garnish for soup or stir pecan butter into the base of a soup to make it creamy; this works best with fall squash, sweet potato and cauliflower pureed soups.

PECAN CRUST

Make a seasonal vegetable quiche using a pecan crust.



DINNER IDEAS

PECAN BREADCRUMBS

Use ground pecans or pecan flour for coarse or fine breadcrumbs, perfect for breading chicken or fish.

PECAN SALAD DRESSING

Blend pecans into a vinaigrette as a thickening agent (such as a pecan lemon tahini dressing or a creamy pecan buttermilk dressing!).

PECAN PASTA SAUCE

Make a nutty pesto with pecans or a plant-based, creamy pasta sauce by soaking pecans in a non-dairy milk and blending with cooked cauliflower such as in this recipe for Linguine with Cauliflower Pecan Alfredo.



SNACK IDEAS

PECAN ENERGY BITES

Use pecan butter as the main binder and add spices and dried fruit; or use pureed dates as the binder and add pecan pieces for a satisfying texture and toasty flavor.

PECAN FLOUR CRACKERS

Use finely ground pecan flour as a base for gluten-free nut crackers.

HOMEMADE PECAN GRANOLA

Incorporate pecans into your favorite granola recipe or pair them with a combination of sweet and savory spices for a delicious, low-sugar snack.

Technique



SWEET AND SPICY CANDIED PECANS

Soak pecans in mix of $\frac{1}{4}$ cup maple syrup and $\frac{3}{4}$ cup water. Drain the pecans and toss them with ground spices of your choice such as ginger, cinnamon, five-spice powder, smoked paprika or cayenne, and a sprinkle of sugar or salt.

Bake at 350°F for 15-20 minutes until toasted and aromatic. Let cool, and then enjoy as is or add these sweet and spicy pecans to a recipe!

