

GEORGIA PECAN OATMEAL COOKIES

For a light dessert or even a snack try these lowfat oatmeal cookies for a treat.

Makes 4 dozen cookies, preparation time 1 hour

- 1/2 cup sugar cup
- 1 cup brown sugar, packed
- 1/4 cup margarine
- 2 egg whites
- 3/4 cup skim milk
- 1/2 cup applesauce, unsweetened
- 2 teaspoons vanilla extract
- 3 cups all purpose flour
- 1 cup oatmeal
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup raisins
- 1-1/2 cups chopped Georgia pecans

In a large bowl, cream sugars and margarine with mixer until light and fluffy. Add egg whites, one at a time, mixing well. Add milk, applesauce and vanilla. In a separate bowl mix flour, oats, baking soda, salt, cinnamon and nutmeg.

Add flour mixture to creamed mixture. Blend well. Fold in the raisins and pecans. Spoon dough by tablespoon onto a cookie sheet coated with nonstick cooking spray. Bake at 375°F for 9 to 10 minutes or until light brown.

Per Serving (2 cookies): 208 calories, 3.5g protein, 34g carbohydrate, 7g fat, 1g saturated fat, 4g monounsaturated fat, 0mg cholesterol, 189mg sodium

BEST EVER PECAN OATMEAL

Crunchy Georgia pecans, tender apple chunks, and nutty wheat germ give oatmeal a big boost in flavor and nutrition.

Makes 4 servings, preparation time 15 minutes

- 3-1/2 cups water
- 2 cups old fashioned oats
- 1 crisp apple cored and coarsley chopped
- 3 tablespoons wheat germ
- 3 tablespoons honey, plus more to drizzle
- 1/4 teaspoon cinnamon
- 1/4-1/2 teaspoon salt, to taste
- 1/2 cup chopped Georgia pecans

In 2-quart saucepan boil water. Add oats, apple, wheat germ, 3 tablespoons honey, cinnamon and salt. Reduce heat and simmer 5 minutes, stirring occasionally. Stir in pecans and serve, drizzled with honey.

Per serving (about 1-1/4 cup, with 1/2 tsp. salt): 345 calories, 9g protein, 53g carbohydrate, 12g fat, 1g saturated fat, 5g monounsaturated fat, 0mg cholesterol, 269mg sodium

SMOKED SALMON GEORGIA PECAN SPREAD

For a festive game-day appetizer spread this tasty, light spread onto lowfat crackers or toasted French bread slices.

*Makes 2-1/2 cups (about 16 servings),
preparation time 25 minutes*

- 8 ounces smoked salmon fillet
- 1/2 cup chopped, toasted Georgia pecans
- 1/2 cup minced sweet onion
- 1/2 cup minced fresh chives
- 1 cup reduced-fat mayonnaise
- 1 tablespoon fresh lemon juice
- 1 tablespoon capers
- 1 salt and freshly ground black pepper to taste

Place salmon in the container of a food processor fitted with a steel blade and pulse a few times until well chopped. Or do by hand using a sharp knife. Transfer salmon to a mixing bowl.

Fold in pecans, onion and chives and stir. Add mayonnaise, lemon juice, capers and salt and pepper to taste. Stir well, cover with plastic wrap and chill until serving time.

Per Serving (about 1-1/2 tablespoons): 80 calories, 3g protein, 4g carbohydrate, 6g fat, 1g saturated fat, 3g monounsaturated fat, 7mg cholesterol, 195mg sodium

CARAMELIZED ONION PIZZA WITH PECANS AND PEPPERS

Slow-cooked onions, tender and sweet, are a delicious partner for Georgia pecans and roasted peppers in this dairy-free pizza.

Serve with a big green salad for a healthy, easy meal.

Makes 4 servings, preparation time 45 minutes

- 2 teaspoons olive oil
- 4 medium size onions, thinly sliced
- 1/4 teaspoon salt
- 1/4 teaspoon dried thyme leaves
- 16-oz. package prepared pizza dough
- 20 Georgia pecan halves
- 7-oz. jar roasted red peppers, drained and coarsely chopped
- 12 large green olives, pitted and halved

Heat oil in large skillet over medium high heat. Add onions and salt; sauté 5 minutes. Reduce heat to medium low and cook; stirring occasionally 25 to 30 minutes or until onions are very soft and evenly browned. Remove from heat and stir in thyme. (Onions can be prepared ahead of time and kept refrigerated.)

Heat oven to 400°F. Roll pizza dough out to 14-inch round and transfer to baking sheet or pizza pan coated with nonstick cooking spray. Spread onions in an even layer over dough. Finely chop 6 pecans and sprinkle over onions. Scatter red pepper, olive halves and remaining pecan halves on top. Bake 15 to 20 minutes or until pizza crust is browned.

Per serving (1/4 of pizza): 417 calories, 10g protein, 67g carbohydrate, 11g total fat, 1g saturated fat, 6g monounsaturated fat, 0mg cholesterol, 780mg sodium

Georgia Pecans

FOR ALL SEASONS
FOR ALL REASONS



GEORGIA PECAN COMMISSION MISSION STATEMENT

The pecan growers of Georgia founded the Georgia Pecan Commission in 1995. Our mission is to raise consumer awareness and promote the year-round consumption of Georgia pecans through research, education and promotion programs.

Just A Handful A Day

provides some of the latest health information regarding pecans, along with suggestions and recipes to incorporate this versatile nut into your own healthy lifestyle.



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This brochure is not intended as a replacement for professional care. As always, for a complete health examination and guidelines, it is important to see your doctor.

ACCORDING TO A NEW RESEARCH STUDY, *Just A Handful* OF CRUNCHY, SWEET GEORGIA PECANS MAY BE EFFECTIVE AT HELPING TO LOWER YOUR CHOLESTEROL.

Cholesterol is a soft, fat-like substance that is critical to normal bodily functions including the creation of estrogen and testosterone, skin oils, nerve- and brain-cell sheaths - in fact, the body's richest concentration of cholesterol is in the brain. Cholesterol is produced in the liver and is found in certain foods, especially meat, cheese, poultry, seafood and dairy products.

What is good and bad cholesterol? And why is it important?

Like other nutrients, cholesterol is carried throughout the body in the bloodstream. It is transported on special carriers called lipoproteins. The "good" or high-density lipoproteins (HDL), removes cholesterol from the cells and transports it back to the liver where it is removed from the body.

The "bad" cholesterol or low-density lipoprotein (LDL) is the culprit of health problems. This lipoprotein is not as efficient at transporting cholesterol back to the liver. Along the way it sticks in the walls of arteries and causes buildup. When combined with other substances, LDL cholesterol can form plaque (a thick, hard deposit) that eventually restricts the flow of blood through the arteries and can result in a heart attack or stroke.

How do I lower my LDL cholesterol levels?

By decreasing the amount of foods you eat which are high in cholesterol and saturated fats, daily exercise and by increasing foods that are high in monounsaturated fats like plant-based foods such as nuts, avocados and olive and canola oils. Monounsaturated and polyunsaturated fats help lower LDL cholesterol levels in the body.

How can Georgia pecans help?

Recent scientific research suggests that pecans have positive effects on "bad" LDL cholesterol levels. In a study published in the March 2000 edition of the *Journal of the American Dietetic Association*, subjects who ate

just 3/4 cup a day of pecans saw their LDL levels drop by ten percent in just six weeks. Pecans are naturally high in monounsaturated fat and are also a good source of dietary fiber, vitamin E, copper and magnesium.

LOWER YOUR CHOLESTEROL BY ADDING SWEET GEORGIA PECANS TO YOUR DIET

Breakfast

- Add pecans to your favorite bread or muffin batter before baking.
- Top pancakes or waffles with toasted pecans.
- Sprinkle pecans on oatmeal or favorite rice, oat or wheat cereal.

Lunch

- Add crunch to a regular chicken salad by including toasted pecans.
- Toss some toasted pecans on your favorite mixed green salad.
- Fresh summertime pesto calls out for basil and ground pecans. Simply toss with pasta, sprinkle with Parmesan cheese and serve hot or cold.

Dinner

- Encrust chicken, fish or pork in chopped pecans and bread crumbs before roasting.
- Toasted pecans add richness to a yellow tomato and mango salsa served on grilled grouper.
- Toss whole-wheat linguine with French lentils, carrots and pecans.

An Easy, Crunchy Snack

For a healthy snack, toast pecans in a 300°F oven for approximately 10-15 minutes or until pecans become golden brown in color.

Storing Georgia Pecans

Georgia pecans are perishable and must be stored properly. Shelled and unshelled pecans can be kept in airtight containers in the refrigerator for up to nine months or in the freezer for up to two years.

