



PISTACHIO CULINARY DEMONSTRATION GUIDE



The **POWER** *of*
PISTACHIOS[®]



AmericanPistachios.org

PISTACHIOS ARE A GREAT FOOD
TO FEATURE IN YOUR NEXT CULINARY DEMO
This lesson guide contains everything you need to host the demo.

LESSON PLAN:

10-minute, mini-nutrition lecture with learning objectives and discussion questions.

PISTACHIO RECIPE DEMO GUIDE:

A step-by-step guide for conducting your demo, including equipment and ingredients you'll need.

HANDOUTS:

Pistachio nutrition and no-cook demo recipe: Pistachio Brown Rice Salad



LET'S GET STARTED!

PISTACHIO CULINARY DEMONSTRATION LESSON PLAN

Learning Objectives:

- Understand health benefits of pistachios
- Identify strategies for including pistachios in the diet
- Develop culinary skills for utilizing pistachios in the kitchen

Note to Instructor:

Please distribute the handouts (see below) for use at your demonstration, share this brief lecture followed by discussion questions, and perform the culinary demonstration of the recipe (see below).



Lecture:

Who loves pistachios? You're not alone; pistachios are not only delicious, but they're also part of the traditional Mediterranean diet, which has been linked to numerous health benefits, such as improved heart health and blood sugar control. Why are pistachios so healthy? They have key nutrients including protein, fiber, healthy fats, B vitamins, potassium, copper, and bioactive compounds. That's why eating pistachios as a regular part of your diet—about 1 ounce per day—is a healthy habit that can help protect your heart and beyond.

While most people think of pistachios as a healthy snack—which they certainly are—they are delicious in cooking, too, and are an easy way to eat more plant based foods. One of the best things you can do for your health is to include more minimally processed plant foods in your diet. The USDA recommends that three-fourths of your plate should be filled with plants, such as beans, lentils, whole grains, vegetables, fruits, nuts and seeds. You can power your plate with more plant-based foods by getting creative in the kitchen.



Here are some of my favorite ways to use pistachios in healthy meals and snacks.



PISTACHIOS AT BREAKFAST.

Boost your breakfast with protein, fiber and healthy fats by sprinkling pistachios into your morning oatmeal, whole grain breakfast flakes, or pancake and waffle batter.



PACK PISTACHIOS FOR HEALTHY SNACKING

Throw a handful of pistachios—in the shell or as shelled kernels—into an airtight container or bag for the perfect on-the-go, healthful snack for lunch boxes, gym bags, purses, briefcases, and overnight bags.



TOSS PISTACHIOS INTO YOUR SALADS

There's nothing better than a savory, nutty crunch in your bowl of greens, and pistachios are great in grain or bean salads, too.



GET COOKING WITH PISTACHIOS

Let pistachios inspire you to add flavor and health to your favorite dinner recipes. You can even fuel your plate with more plant proteins by doing so. Try mixing pistachios into grain pilafs, casseroles, pasta dishes, veggie-burgers, and nut loaves.



POWER YOUR BAKING WITH PISTACHIOS

Stir flavorful pistachios into your favorite baked goods, such as waffles, bread, quick breads, muffins, cobblers, pies, and cookies.



BLEND UP PISTACHIOS

You can make an excellent smoothie with milk or soymilk, pistachios, greens, and your favorite fruit. You can also blend pistachios into pistachio butter or hummus.

Discussion Questions:

- What are your favorite ways to cook with pistachios?
- Do you use pistachios as a snack?
- Does your family love pistachios?
- Did you know that pistachios have nutrients that are good for your health?



Culinary Demo: Pistachio Arugula Brown Rice Salad

Note to Instructor:

Refer to the Pistachio Recipe Demo Guide: Pistachio Arugula Brown Rice Salad and handouts

I'd like to show you how to make an easy recipe featuring pistachios, whole grains, vegetables and fruits—all in one dish: Pistachio Arugula Brown Rice Salad. Please follow along with the recipe handout as I demonstrate this recipe.

Note to Instructor:

Pass out recipe handouts and demonstrate the recipe below

PISTACHIO RECIPE DEMO GUIDE: Pistachio Arugula Brown Rice Salad

**Note to Instructor:**

Please prepare and assemble the following ingredients and cooking equipment for your demo. This recipe makes about 24 ¼-cup portions for sampling. Be sure to follow local food safety regulations for sampling at events.

INGREDIENTS NEEDED FOR DEMO:

- 3 cups arugula, lightly packed (place in a medium bowl)
- 1 cup cooked brown Jasmine rice, cooled (may use precooked shelf-stable or frozen rice, place in a medium bowl)
- 2 cups chopped seasonal fruit, such as persimmons, peaches, apples, or pears (place in a medium bowl)
- 1 15-oz can chickpeas, rinsed, drained (place in a medium bowl)
- 2 tablespoons chopped fresh parsley (place in a small bowl)
- ⅓ cup pistachios (place in a small bowl)
- 2 tablespoons tahini (place in a small bowl)
- 1 tablespoon extra virgin olive oil (place in a small bowl)
- 1 lime, zest and juice (place in a small bowl)
- ¼ teaspoon smoked red paprika (place in a small bowl)
- ½ teaspoon agave nectar (place in a small bowl)
- 1 teaspoon minced fresh ginger (place in a small bowl)
- 1 clove minced garlic (place in a small bowl)
- Pinch salt (optional, place in small bowl)

EQUIPMENT NEEDED FOR DEMO:

- 1 cutting board
- 1 large salad bowl
- 1 can opener
- 1 chef's knife
- 1 paring knife
- 1 small mixing bowl
- 4 medium (3-cup) bowls to display ingredients, clear is best
- 10 small (¼ cup) bowls to display ingredients, clear is best (may opt for measuring spices and seasonings in front of audience, rather than premeasuring them)
- 1 garlic press
- 1 lemon juicer
- 1 grater or zester
- 1 wooden spoon
- 1 fork
- Tongs for serving
- 1 kitchen towel
- Paper towels
- Sampling supplies: small cups or plates, forks

CULINARY DEMO:

- Assemble ingredients and equipment together on a tray or countertop, place in order that they appear in the recipe.
- Have audience follow along with recipe handout.
- Place arugula, rice, seasonal fruit, chickpeas, parsley, and pistachios in the large salad bowl, mixing with the wooden spoon. Whisk tahini, olive oil, lime juice and zest, paprika, agave nectar, fresh ginger, and garlic in the small bowl with a fork. Toss into the large bowl and combine well.
- Provide steps and amounts as you prepare the recipe.
- Portion samples for audience to taste using tongs and disposable cups or plates and forks.



Discussion questions during and after demo:

- What could you use as a substitute for arugula?
- What seasonal fruit do you think would be good in this recipe?
- An easy tip for chopping parsley is using kitchen shears.
- Using lime zest adds a fresh, citrus taste to salads and more.
- Pistachios add crunch and healthy nutrients to this recipe.
- What would you serve this recipe with to make a complete meal?
- Store your leftovers in an airtight container.
- Do you think your family would like this recipe?

HANDOUTS

Please duplicate the following handouts to use in your demo:

- Nutrition Power Pistachios Fact Sheet
- Pistachio Arugula Brown Rice Salad Recipe

AMERICAN PISTACHIO ARUGULA BROWN RICE SALAD

This luscious whole grain salad features spicy arugula, chickpeas, seasonal fruit and crunchy pistachios.



YIELD:

6 servings

INGREDIENTS:

3 cups arugula, lightly packed
1 cup cooked brown Jasmine rice, cooled
3 persimmons, chopped (may substitute with other seasonal sliced fruit such as peaches, apples or pears)
1 15-oz can chickpeas, rinsed, drained
2 tablespoons chopped fresh parsley
1/3 cup pistachios

DRESSING

2 tablespoons tahini
1 tablespoon extra-virgin olive oil
1 lime, zest and juice
1/4 teaspoon smoked red paprika
1/2 teaspoon agave nectar
1 teaspoon minced fresh ginger
1 clove minced garlic
Pinch salt (optional)

INSTRUCTIONS:

1. Mix together the arugula, rice, persimmons, chickpeas, parsley and pistachios in a salad bowl.
2. Toss together the tahini, olive oil, lime zest and juice, paprika, agave nectar, fresh ginger, and garlic until smooth.
3. Fold dressing into salad and mix well to combine.

Nutritional Information per Serving:

262 Calories, 10 g Fat, 1 g Saturated Fat, 0 mg Cholesterol, 18 mg Sodium, 35 g Carbohydrates, 8 g Fiber, 4 g Total Sugars, 10 g Protein.