

Peanut BITES



 **THE Peanut Institute**
www.peanut-institute.org

March 2016 | Vol 8.2



Over the last year, we've done significant media outreach around the many nutritional benefits of peanuts, with an emphasis on peanut protein and fiber. Here is some recent peanut coverage from *Real Simple*, *Eating Well* and *bon appétit*.

Peanuts Pack More Protein than Most Other Nuts

REAL SIMPLE

LIFE MADE EASIER

THE STAPLE

PEANUTS

They may not be considered high-brow enough for a "fancy" mixed-nuts collection (ball games and dive bars are more their jam), but here's a secret: Peanuts pack more protein than most other nuts do—and they don't cost an arm and a leg. They go with more than chocolate and brittle, too. Try them in granola, salad dressings, or a slow-cooked stew. Take that, peanut gallery.

Written by Heath Goldman
Recipes by Anna Painter
Photograph by Danny Klein

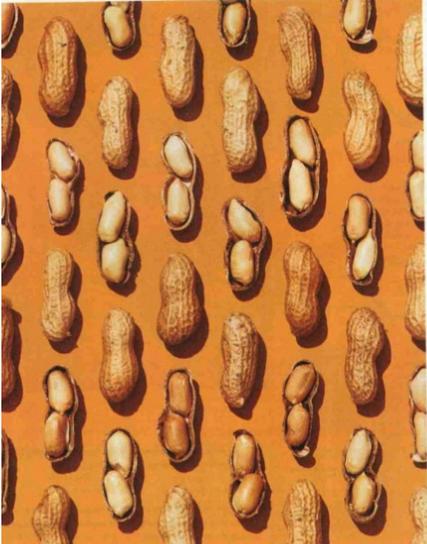
2 QUICK IDEAS

RECIPE
Apple crisp with peanut streusel
HANDS-ON TIME: 15 MINUTES
TOTAL TIME: 1 HOUR
SERVES 4 TO 8

Toss 3 pounds peeled, sliced Granny Smith apples with 2 tablespoons orange juice, 3 tablespoons sugar, and 1/4 teaspoon cinnamon. Place in a buttered 9-by-13-inch baking dish. Combine 1/4 cups flour, 1/2 cup dark brown sugar, 1/2 cup coarsely chopped roasted unsalted peanuts, a pinch of salt, and 1/4 cup melted butter in a mixing bowl; mix until clumps form. Sprinkle over the apples. Bake at 350°F until the apples are tender and the streusel is browned, 45 minutes. Serve with vanilla ice cream.

EASY UPGRADE
Parsley-peanut pesto
Combine 1/2 cup packed parsley leaves, 1/2 cup roasted unsalted peanuts, 1 clove garlic, 1/2 teaspoon grated orange zest, and 1/2 teaspoon salt in a blender; puree until smooth. Sprinkle over roasted vegetables or slather on a sandwich. Makes 1/2 cup.

GO NUTS
Find the scoop on our favorite natural spreads at realsimple.com/peanutbutter.



In This Issue

[Real Simple: The Staple: Peanuts](#)

[Eating Well: Meet Your Fiber Goals](#)

[bon appetit: 23 Peanut Recipes](#)

[Recipe: Peanut Caramel Popcorn](#)

Peanut Caramel Popcorn



The use of peanut oil makes this a healthier alternative to the caramel popcorn we all love. Honey, agave, and peanut butter make this a yummy snack that you can feel good about.

Serves 2

Ingredients:

- 2 tablespoons peanut oil
- 1/4 cup popcorn kernels
- 1/3 cup agave syrup
- 1/3 cup wildflower honey
- 1/2 cup, creamy peanut butter
- 1/2 cup peanuts, toasted, chopped
- 1 tsp sea salt, fine

Directions:

1. Heat a heavy bottomed pot with the peanut oil. Add the popcorn kernels and the salt and toss in the oil. Cover partially.
2. When the popcorn starts popping, cover completely and shake the pan until popcorn slows

A recent one-page piece in *Real Simple* highlights peanuts as a versatile and affordable pantry staple. The article also shares two easy, unique recipes for Apple Crisp with Peanut Streusel and Parsley-Peanut Pesto. According to the article, "**Peanuts pack more protein than most other nuts do - and they don't cost an arm and a leg.**" With more plant protein than any other nut, we have to agree! Click [here](#) for tasty peanut recipes from *Real Simple*.

EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

10 GREAT THINGS THAT WILL HAPPEN IF YOU MEET YOUR FIBER GOAL

When do you think of fiber as exciting? Yeah, that would be never. But this research will help change your mind.

Get Your Daily Fiber Fix Here

The average American gets a measly 17 grams of fiber a day. And "most of it comes from pizza crust and pasta noodles—which are low in fiber, but because we eat so much of them, it adds up," notes Wendy Walsh, Ph.D., R.D., an associate professor of food science and human nutrition at the University of Florida. Not exactly the healthiest choice. Meanwhile, better-for-you foods that are loaded with fiber—like beans, peas and lentils—make up only 4 percent of our diets. "We need to eat more beans," she says. Time to up the ante! Here's a 1-day magnitude of how to bump up to at least 25 (for women) and 38 (for men) grams, without having to eat an entire crop or drawer of produce.

TO GET AT LEAST 25 GRAMS	TO GET AT LEAST 38 GRAMS
BREAKFAST 1 cup oatmeal and 1 cup blackberries 11 g fiber	1 cup beans Fiber and 1/2 cup raspberries 11 g fiber
LUNCH Sandwich on 100% whole-wheat bread with sliced chicken breast*, lettuce, tomato and 1/4 avocado 8 g fiber	1 cup black bean soup and 1 whole-wheat tortilla, beans, lettuce, tomato and 1/4 avocado 11 g fiber
SNACK 2 dried figs 3 g fiber	1/2 cup peanuts 3 g fiber
DINNER 1/2 cup cooked quinoa, piece of grilled fish* and 1/2 cup cooked chickpeas 8 g fiber	1 medium baked potato (with skin), piece of grilled chicken* and 2 cups roasted broccoli 14 g fiber
DAILY TOTAL: 27 grams fiber	DAILY TOTAL: 39 grams fiber

*Half this is salt in your grams of chicken— you're not getting any fiber from it.

1 **Keep your weight on track.** Fiber makes the only dietary change you make. Diets that were told to get at least 25 grams of fiber a day, but gave no other dietary pointers, had a significant amount of weight. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't. Another study found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't.

2 **Reduce your risk of heart disease.** Fiber makes the only dietary change you make. Diets that were told to get at least 25 grams of fiber a day, but gave no other dietary pointers, had a significant amount of weight. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't. Another study found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't.

3 **Get your type 2 diabetes risk.** Fiber makes the only dietary change you make. Diets that were told to get at least 25 grams of fiber a day, but gave no other dietary pointers, had a significant amount of weight. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't.

4 **Lower your risk of heart disease.** Fiber makes the only dietary change you make. Diets that were told to get at least 25 grams of fiber a day, but gave no other dietary pointers, had a significant amount of weight. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't.

5 **Have healthier gut bacteria.** Fiber makes the only dietary change you make. Diets that were told to get at least 25 grams of fiber a day, but gave no other dietary pointers, had a significant amount of weight. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't.

6 **Reduce your risk of certain cancers.** Fiber makes the only dietary change you make. Diets that were told to get at least 25 grams of fiber a day, but gave no other dietary pointers, had a significant amount of weight. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't.

7 **Live longer period.** Fiber makes the only dietary change you make. Diets that were told to get at least 25 grams of fiber a day, but gave no other dietary pointers, had a significant amount of weight. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't.

8 **Be more well.** Fiber makes the only dietary change you make. Diets that were told to get at least 25 grams of fiber a day, but gave no other dietary pointers, had a significant amount of weight. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't.

9 **Get an all-around better.** Fiber makes the only dietary change you make. Diets that were told to get at least 25 grams of fiber a day, but gave no other dietary pointers, had a significant amount of weight. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't.

10 **Have healthier bones.** Fiber makes the only dietary change you make. Diets that were told to get at least 25 grams of fiber a day, but gave no other dietary pointers, had a significant amount of weight. A meta-analysis of 10 studies found that people who doubled their fiber intake to the recommended amount lost about 10 percent more weight than those who didn't.



Fiber, fiber, read all about it! The March/April issue of *Eating Well* shares the importance of integrating fiber into your daily diet and easy tips for how to do it. The gorgeous peanut image takes center stage of the helpful guide which notes 1/4 of a cup of peanuts gets you 3 grams of hearty healthy fiber.

We'd Make These 23 Recipes Just for the Peanuts

bon appétit

MARCH 13, 2016 / WRITTEN BY CHRISTINA CHAEY

Our salads, roasted veg, and ice cream sundaes just wouldn't be the same without a healthy handful of nutty, crunchy roasted peanuts sprinkled on top. These 23 recipes are for everyone who agrees that the peanuts are the best part.

down popping. Take the pan off the heat.

- Heat the honey and the agave syrup in a pan and cook for 5 minutes.
- Add the peanut butter and whisk very well until combined.
- Place the popcorn into a bowl and drizzle the peanut caramel over it. Toss well and sprinkle with the chopped peanuts.

Recipe from The Peanut Institute. Click [here](#) for more healthy and delicious recipes from The Peanut Institute.



From Butterscotch Blondie Bars with Peanut-Pretzel Caramel to Roasted Peanut Soup with Honey Whipped Cream, *bon appetit's* new mouth watering gallery of 23 vibrant peanut recipes will make you hungry. Plan your week with these beautiful breakfast, lunch, dinner and snack inspirations. Click [here](#) to view the full gallery.