



# PLANT-BASED PISTACHIO RECIPES



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## CRUNCHY SPRING ROLLS WITH ASIAN PISTACHIO DIPPING SAUCE

RECIPE BY CHERYL FORBERG, RDN



### YIELD:

16 spring rolls

### INGREDIENTS:

#### CRUNCHY SPRING ROLLS

*Feel free to mix and match your favorite veggies in this scrumptious appetizer. For a more substantial meal, shredded roast chicken, BBQ pork or chopped (cooked) shrimp can be added as well.*

- 1 - 12 ounce package spring rolls skin  
(Available in Asian markets)
- 1 cup finely julienned jicama
- 1 cup finely julienned red and/or yellow bell peppers
- 1 cup finely julienned radishes
- 1 cup finely julienned celery
- 1 cup grated or finely julienned carrot
- 1 cup finely shredded red cabbage
- 1 cup finely shredded green cabbage
- 1 cup finely julienned red or yellow onion
- Small basil leaves (optional)
- Small mint leaves (optional)
- Red chili flakes (optional)

#### ASIAN PISTACHIO DIPPING SAUCE

*This sauce is also delicious on a piece of grilled chicken or fish. It can also be used as a condiment on your favorite sandwich.*

- 1 bunch well-rinsed cilantro (trim stem ends to 1 inch)
- ½ cup roasted unsalted pistachio kernels
- ⅓ cup low sodium soy sauce
- ¼ cup rice wine vinegar
- 1 tablespoon chopped garlic
- 1 to 4 tablespoons water (optional)

### INSTRUCTIONS:

#### CRUNCHY SPRING ROLLS

1. Place each vegetable in separate small bowls or on small plates. Fill a pie pan or small cake pan with ½ inch of lukewarm water.
2. Dip a spring roll skin in water for about 30 seconds to soften and transfer to a clean dry towel. Place about ½ cup of mixed vegetables on the wrapper, leaving 1 inch border clean to the edges. Using squeeze bottle (or a tablespoon) drizzle a tablespoon of the dipping sauce over the veggies. Fold the sides inward and then carefully roll the wrapper away from you, as you would roll a burrito. Repeat with remaining ingredients. You will have approximately 16 spring rolls.
3. To serve, halve rolls on the diagonal with a sharp knife and place the rolls upright on your serving platter. Serve with Asian Pistachio Dipping Sauce.

Note: Spring rolls can be made a day ahead. Cover them with a damp paper towel, wrap in plastic wrap; refrigerate. Bring to room temperature before halving and serving. For an appetizer, serve two halves per person. As a main course, serve at least six halves per person.

#### ASIAN PISTACHIO DIPPING SAUCE

1. Place all ingredients in jar of a blender or bowl of a food processor. Blend or process for one minute or until very smooth. The sauce should be the consistency of thick cream.
2. Add water, tablespoon by tablespoon, if necessary to thin sauce. Transfer to a squeeze bottle for easy serving. Keeps refrigerated for about 4 days.

#### Nutritional Analysis for One Spring Roll:

70 Calories, 1.5 g Fat, 0 g Saturated Fat, 0 mg Cholesterol, 160 mg Sodium, 13 g Carbohydrates, 2 g Fiber, 4 g Total Sugars, 3 g Protein

#### Nutritional Analysis for 2 Tablespoons Serving Sauce:

35 Calories, 2.5 g Total Fat, 0 g Saturated Fat, 0 mg Cholesterol, 260 mg Sodium, 3 g Carbohydrates, 1 g Fiber, 2 g Sugar

## LIGHT AMERICAN PISTACHIO HUMMUS

RECIPE BY SHARON PALMER, RDN



### YIELD:

12 servings

### INGREDIENTS:

1 can garbanzo beans, reserve liquid from can  
½ cup shelled pistachios  
2 cloves garlic  
2 tablespoons tahini  
1 teaspoon extra virgin olive oil  
2 tablespoons lemon juice  
sea salt and pepper, to taste

### INSTRUCTIONS:

1. Add garbanzo beans, pistachios, garlic, tahini, olive oil, lemon juice, sea salt and pepper into food processor.
2. Puree mixture and add liquid from garbanzo beans until hummus reaches desired consistency.
3. Serve with fresh veggies and pita bread cut into wedges.

#### Nutritional Information per Serving:

88 Calories, 3 g Fat, <0.5 g Saturated Fat, 0 mg Cholesterol, 107 mg Sodium, 9 g Carbohydrates, 2.5 g Fiber, 2.5 g Protein

## AMERICAN PISTACHIO ARUGULA BROWN RICE SALAD

RECIPE BY SHARON PALMER, RDN



### 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 Sugar, 10 g Protein.



## APPLE SALAD WITH AMERICAN PISTACHIOS



### YIELD:

1 serving

### INGREDIENTS:

1 apple  
2 teaspoons lemon juice  
½ cup lettuce  
1 tablespoon dried raisins  
¼ cup pistachio kernels, chopped  
¼ cup yogurt  
4 teaspoons honey

### INSTRUCTIONS:

1. Wash the apple and cut it into slices. Mix the apple slices with lemon juice.
2. Chop lettuce into pieces and mix with apple slices, dried raisins, pistachio kernels, yogurt, and honey.

**Nutritional Information per Serving:**

437 Calories, 15 g Fat, 2 g Saturated Fat, 51 mg Sodium, 74 g Carbohydrates, 9 g Fiber, 57 g Total Sugars, 11 g Protein

## QUINOA KALE RISOTTO WITH AMERICAN PISTACHIOS



### YIELD:

6-1 cup servings

### INGREDIENTS:

1 tablespoon extra-virgin olive oil  
½ onion, diced  
½ red bell pepper, diced  
1 clove garlic, minced  
2 cups uncooked quinoa  
3 cups vegetable broth  
½ cup white wine  
1 teaspoon rosemary  
¼ teaspoon black pepper  
4 cups chopped fresh kale  
zest of ½ lemon  
½ cup pistachios, coarsely chopped

### INSTRUCTIONS:

1. Heat olive oil in large saucepan over medium heat. Add onion, red bell pepper, and garlic and cook for 2 minutes.
2. Add quinoa and cook for an additional minute.
3. Meanwhile, heat vegetable broth, white wine, rosemary, and black pepper together in a small pot until warm. Reduce heat to low.
4. Add broth mixture to saucepan with quinoa mixture, ½ cup at a time, stirring until it is absorbed. Repeat this procedure for about 15 minutes, until all of liquid is absorbed and quinoa is tender, but not overcooked.
5. Stir in kale, lemon zest, and pistachios, and heat for an additional minute only, until ingredients are heated through but kale remains bright green.
6. Serve immediately.

### Nutritional Information per Serving:

346 Calories, 10 g Fat, 1 g Saturated Fat, 469 mg Sodium, 49 g Carbohydrates, 6.5 g Fiber, 3 g Total Sugars, 12 g Protein

## AMERICAN PISTACHIO “VEGGIE” BURGERS



### YIELD:

6 servings

### INGREDIENTS:

1 cup shelled pistachios, finely chopped  
2 cups coarsely grated zucchini  
2 cans red kidney beans, drained and mashed  
½ cup grated Romano cheese  
½ cup dry bread crumbs  
1 egg  
½ teaspoon each dried thyme and rosemary  
1 teaspoon ground black pepper  
½ teaspoon salt  
bottled or homemade oil and vinegar dressing

### INSTRUCTIONS:

1. Combine all ingredients, except dressing and mix well. Shape into 6 patties.
2. Brush both sides generously with dressing and place in a grill basket with a fine grid. Grill in covered barbecue over medium coals for 5 - 6 minutes. Baste with dressing and flip burger. Cook another 5 - 6 minutes. Serve in buns with fixings.  
Or:  
Pan-fry “veggie” burgers in lightly oiled skillet over medium-low heat. Cook burger for about four minutes on each side.

#### **Nutritional Information per Serving:**

439 Calories, 18 g Fat, 6 g Saturated Fat, 563 mg Sodium, 47 g Carbohydrates, 13 g Fiber, 4 g Sugar, 27 g Protein

\*NOTE: The nutrition analysis is without the dressing, as it wasn't specified how much to use.

## AMERICAN PISTACHIO GARLIC MINT QUINOA PILAF

RECIPE BY CAROL KICINSKI



### YIELD:

6 servings

### INGREDIENTS:

½ cup shelled, roasted, salted pistachios  
2 tablespoons olive oil  
1 shallot, finely chopped,  
or ¼ small red onion, finely chopped  
3 cloves garlic, minced  
1 ½ cups pre-rinsed quinoa  
2 ¼ cups water  
1 teaspoon kosher or fine sea salt  
1 ½ cups fresh mint leaves, loosely packed

### INSTRUCTIONS:

1. Heat a sauce pot or deep skillet with a lid over medium heat, add the pistachios and toast for about 4 minutes or until fragrant. Put the nuts into food processor bowl and let cool.
2. Return the pan to heat, add the olive oil and shallot or onion. Cook for about 3 minutes or until the shallot or onion starts to soften. Add the garlic and quinoa and toast the quinoa for about 3 minutes- you want the quinoa to lightly toast but you do not want the garlic to brown.
3. Add the water and salt and increase the heat to high and bring to a boil. Once the water starts to boil, cover the pan, reduce the heat to medium-low and simmer for about 15 minutes or until all the liquid has been absorbed and the quinoa is tender. Remove from the heat and let sit covered for 5 minutes.
4. Pulse the pistachios in the food processor until they are roughly chopped. Add the mint and pulse several times until the mint is finely chopped. Stir the mint and pistachios into the quinoa as you fluff it with a fork.

#### Nutritional Information per Serving:

193 Calories, 11 g Fat, 1 g Saturated Fat, 417 mg Sodium, 21 g Carbohydrates, 8 g Fiber, 1 g Total Sugars, 7 g Protein



## CHICKEN WITH AMERICAN PISTACHIO SAUCE



### YIELD:

4 servings

### INGREDIENTS:

2 whole chicken breasts, skinned, boned and halved  
¼ teaspoon freshly ground black pepper  
1 tablespoon oil  
½ cup orange juice  
2 tablespoons water  
2 teaspoons balsamic vinegar  
2 green onions, thinly sliced  
¼ cup pistachios, coarsely chopped

### INSTRUCTIONS:

1. Pound chicken breasts to ½-inch thickness. Season with pepper. Sauté in oil 2 to 3 minutes on each side, or until browned.
2. Add orange juice, water and balsamic vinegar and simmer covered for 10 minutes. Remove chicken to a platter and keep warm.
3. Add green onions and pistachios to pan and cook over medium heat until slightly thickened. Pour the sauce over chicken and serve.

### Nutritional Information per Serving:

164 Calories, 11 g Fat, 2 g Saturated Fat, 128 mg Sodium, 10 g Carbohydrates, 1 g Fiber, 4 g Total Sugars, 6 g Protein

## AMERICAN PISTACHIO CHERRY COCONUT CRISP

RECIPE BY SHARON PALMER, RDN



### YIELD:

8 servings

### INGREDIENTS:

#### Filling:

2 10-oz bags frozen cherries  
1 tablespoon corn starch  
1 teaspoon lemon zest  
1 tablespoon brown sugar  
1 teaspoon vanilla

#### Crumb Topping:

1 cup old-fashioned oats  
½ cup white whole wheat flour  
3 tablespoons brown sugar  
1 teaspoon cinnamon  
¼ teaspoon kosher salt (optional)  
3 tablespoons margarine  
¼ cup unsweetened, sliced, dried coconut  
½ cup pistachios, coarsely chopped

### INSTRUCTIONS:

1. Preheat oven to 375°F.
2. Add cherries to a medium baking dish and toss with corn starch, lemon zest, brown sugar, and vanilla.
3. In a medium bowl, mix together oats, flour, brown sugar, cinnamon, and salt (if desired). Cut in margarine with a fork. Fold in coconut and pistachios.
4. Sprinkle crumb mixture evenly over the top of the cherry mixture. Place in oven, uncovered, and bake 25 - 30 minutes, until golden brown.
5. Remove from oven and serve warm.

#### Nutritional Information per Serving:

267 Calories, 10 g Fat, 3 g Saturated Fat, 86 mg Sodium, 40 g Carbohydrates, 5 g Fiber, 14.5 g Total Sugars, 7 g Protein

## AMERICAN PISTACHIO GREEN SMOOTHIE

RECIPE BY SHARON PALMER, RDN



### YIELD:

1 serving

### INGREDIENTS:

1 cup kale  
¾ cup orange juice  
½ banana  
¼ cup pistachios  
¼ avocado

### INSTRUCTIONS:

1. Add all ingredients into blender and process.
2. Enjoy your fresh and healthy smoothie!

**Nutritional Information per Serving:**

410 Calories, 20.4 g Fat, 2.6 g Saturated Fat, 0 mg Cholesterol, 37.2 mg Sodium, 53 g Carbohydrates, 87 g Fiber, 11.5 g Protein





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