

Almonds are rich in **healthy fats**, known as **monounsaturated fats**, which help protect the heart.

Eating a **handful of almonds every day** as part of a balanced diet can help keep the heart healthy without affecting weight.¹

Almonds

for heart health



The healthy snack that tastes great

Almonds are versatile and convenient: on their own they're a great portable snack but you can also use them in all types of cooking.

To get the most benefit, eat almonds every day as part of a healthy diet and choose almonds without any added salt or sugar.

Benefits backed by research

Research shows a handful of almonds eaten every day as part of a balanced diet can **lower LDL or 'bad' cholesterol** which contributes to a **healthy heart**.²

¹ Department of Health and Ageing. Eat for Health: Australian Dietary Guidelines. Canberra [AU]: National Health and Medical Research Council; 2013.

² Neale E, Nolan-Clark D, Tapsell L. The effect of nut consumption on heart health: A systematic review of the literature. Sydney (AU): Nuts for Life; 2016. 24 p.



Almond crusted salmon with kale and fennel salad

A tasty meal packed with healthy fats

Serves 4

Preparation time: 20 minutes

Cooking time: 30 minutes



Ingredients

- 4 small salmon fillets (approx. 120g each)

Almond crust

- 1 cup almonds, roasted and unsalted
- 2 cloves garlic, crushed
- 2 tablespoons extra virgin olive oil
- 1 lemon
- Pepper, to taste

Salad

- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 teaspoon honey
- $\frac{2}{3}$ cup quinoa
- 1 cup baby kale, torn
- 2 cups baby spinach
- $\frac{1}{2}$ fennel, chopped
- $\frac{1}{2}$ red onion, finely diced
- 1 red capsicum, cut into strips
- 1 tomato, diced
- 1 apple, peeled and finely sliced
- $\frac{1}{2}$ cup reduced fat feta, crumbled

1. Preheat oven to 200°C.
2. Using a mortar and pestle or rolling pin, crush almonds into a crumble.
3. In a small bowl, combine garlic, crushed almonds, oil and juice and zest of the lemon.
4. Pat salmon dry with paper towel and season both sides with a pinch of pepper. Place salmon onto a lined baking tray.
5. Spoon almond mixture over the top of the salmon and gently press down so the crust sticks.
6. Bake salmon for about 10 minutes until cooked through and the crust is golden.
7. Cook quinoa as per packet instructions.
8. In a small bowl, combine oil, balsamic and honey and mix well.
9. Place cooked quinoa and all other salad ingredients in a large bowl and toss well to combine.
10. Dress the salad just before serving and season with pepper if desired.

For more information and recipes visit www.australionalmonds.com.au

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