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American Pistachios Nutrition Unshelled is a quarterly e-newsletter providing research updates on tree nuts (especially U.S. pistachios). It is a service to dietitians and other health professionals by American Pistachio Growers (APG). Any health professional is welcome to register to receive Nutrition Unshelled. Please note however, the content and recipes are intended principally for the American healthcare community and as such are not written with foreign nutrition and health claim regulations in mind. The information included within this newsletter is not intended to diagnose or treat medical conditions. Some differences may be found if comparing with APG's international websites or other materials. APG is the non-profit, voluntary trade association for the U.S. pistachio trade, comprised of over 800 pistachio farmers.



## CELEBRATE THE END OF SUMMER WITH THESE FLAVOR PACKED PISTACHIO RECIPES



The perfect protein-packed snack for your active lifestyle! Indulge in the deliciously nutty flavor and experience a burst of energy with every bite. Not only are American pistachios a tasty treat, but they are also a fantastic source of [complete plant-based protein](#) to fuel your day. Whether you're hitting the gym, going on a hike, or simply need a mid afternoon pick-me-up, pistachios will satisfy your cravings while keeping you nourished. Explore the perfect blend of summer flavors with our collection of pistachio recipes.

### PISTACHIO GRANOLA BAR

By Chef Anthony Michael Contrino



#### YIELD

12 bars

#### INGREDIENTS

2 1/2 cups Old fashioned rolled oats  
1/2 cup American-grown pistachios, coarsely chopped  
1/3 cup Honey  
1/4 cup Unsalted butter, cut into pieces  
1/4 cup packed Light brown sugar  
1/2 teaspoon Vanilla extract  
1/4 teaspoon Kosher salt  
1/2 cup Dried cherries, coarsely chopped  
1/4 cup plus 2 tablespoons Mini chocolate chips

#### INSTRUCTIONS

1. Combine butter, honey, brown sugar, vanilla extract and the salt in a small saucepan over medium heat.
2. Cook, stirring occasionally until butter melts and the sugar completely dissolves. Pour butter mixture into a bowl with toasted oats and pistachios. Mix well.
3. Let cool about 5 minutes, then add cranberries and 1/4 cup of the mini chocolate chips. Stir to combine. The chocolate chips will most likely melt a little. This is fine, as it serves as glue to hold the bars together.
4. Transfer oat mixture to a lined pan, then use a rubber spatula or damp fingertips to firmly press the mixture into the pan. Press hard for about one minute, this will help the bars stay together once cooled and cut. Scatter remaining 2 tablespoons of chocolate chips over pressed granola mixture then use a rubber spatula to gently press them into the top.
5. Cover, then refrigerate at least 2 hours. Remove block of granola mixture from pan then peel away aluminum foil. Cut into 12 bars. Store bars in an airtight container for up to one week. For the softest bars, keep at room temperature. For slightly harder bars, store in the fridge.

### PISTACHIO HUMMUS

By Chef Anthony Michael Contrino



#### INGREDIENTS

3/4 cup American-grown pistachios, divided  
2 tablespoons Extra virgin olive oil, plus more for serving  
1 15-ounce can Chickpeas, drained and rinsed  
2 tablespoons + 1 teaspoon Tahini  
2 tablespoons Parsley leaves  
Juice of half a lemon  
Salt  
Pomegranate arils, for serving

#### INSTRUCTIONS

1. Preheat an oven to 400 degrees F. Place the pistachios onto a sheet pan and bake until lightly toasted and fragrant, about 5-7 minutes.
2. Place 1/2 cup of the hot pistachios into a mini food processor. Add the oil and process, scraping the sides as needed, until a paste forms. Add the chickpeas, tahini, parsley, lemon juice and 1/2 cup of cold water. Process until smooth, adding up to an additional 1/2 cup of water, to achieve desired consistency. Season generously with salt and pulse to combine.
3. Transfer the hummus to a bowl and use a spoon to create wells. Drizzle extra virgin olive oil into the wells. Rough chop the remaining pistachios. Sprinkle the chopped pistachios and pomegranate arils over the hummus. Serve with crudité or pita chips.

## PROTEIN QUALITY



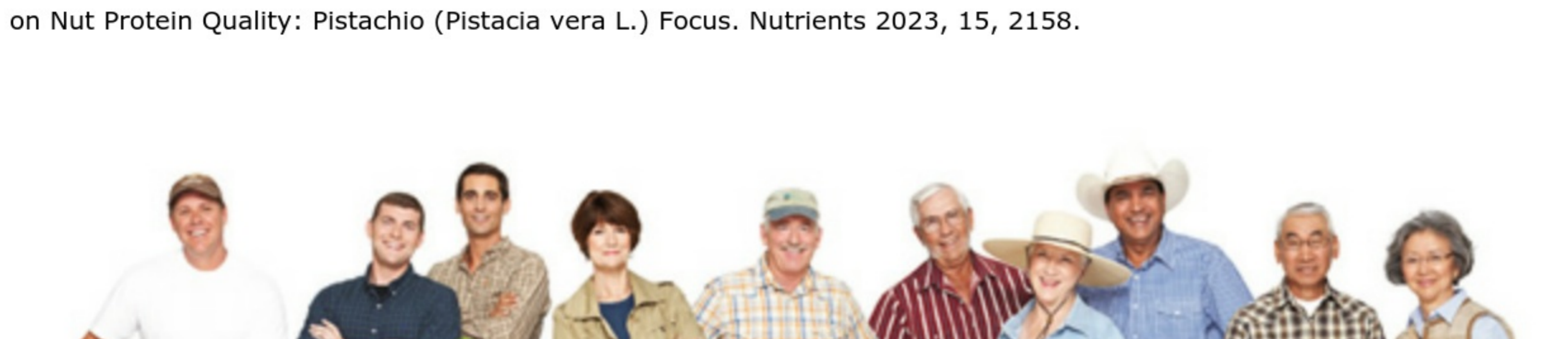
**“...pistachio nuts have a key role to play in terms of providing ready-to-eat, good-quality, plant-based protein.”**

A new research paper examines the amino acid composition and digestibility of pistachio proteins, showing that pistachios possess a high-quality protein profile and are a valuable source of essential amino acids. The findings suggest that pistachios should be recognized as a great protein option due to their nutrient density, especially for those who are following a plant-based diet.

***Believe It or 'Nut': Why It Is Time to Set the Record Straight on Nut Protein Quality: Pistachio (Pistacia vera L.) Focus***

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Citation: Derbyshire, E.; Higgs, J.; Feeney, M.J.; Carughi, A. Believe It or 'Nut': Why It Is Time to Set the Record Straight on Nut Protein Quality: Pistachio (Pistacia vera L.) Focus. *Nutrients* 2023, 15, 2158.



**American Pistachio Growers,**  
a non-profit voluntary agricultural trade association representing  
800 pistachio farmers in California, Arizona and New Mexico.

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