**USDA’s**

**MyPlate: Pairing with Peanuts**

*Turn your resolutions into real solutions*

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**Struggling to stick with your New Year’s resolution to eat better?** Increase your chances of success and improve your health by using peanuts to pump up the protein of any recipe. Research shows that eating a small amount of peanuts daily can help you live longer by reducing your risk of chronic disease. With more protein than any other nut, heart-healthy oils, and 19 vitamins and minerals, peanuts are a key part of a healthy diet.

**While peanuts and peanut butter can be eaten alone, they are also the perfect partner for every food group. Here’s how:**

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**DIY Snacks:** Personalize your trail mix using peanuts, dried fruits and seeds.

- **Sweet & Savory:** Put peanut butter and strawberries in a tortilla, to make a unique quesadilla.*

- **Creamy Dips:** Stir cinnamon into peanut butter and use as a dip for fresh fruits.

- **Add a Crunch:** Toss peanuts into your favorite vegetable sauté.

- **Mix it Up:** Blend peanuts into a classic hummus and use it to dip your veggies in.

- **Liven the Flavor:** Add peanuts to your best coleslaw recipe to give it a nutty flavor.*

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**Powerful Protein Shake:** Blend peanut powder into your morning shake.*

**Delicious Dessert:** Microwave peanut butter and drizzle on top of your favorite ice cream.

**Better Breakfast:** Stir peanuts or peanut butter into your yogurt.

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**Rich & Creamy:** Stir peanut butter into your oatmeal top with honey and sliced fruit.*

**Satisfying Sauces:** Use a peanut based sauce to drizzle over your favorite noodle dish.

**Swap out Sugar:** Spread peanut butter on your pancakes instead of syrup then top with fresh berries.

**Stick to Classics:** You can’t go wrong with a PB&J sandwich!

**Make it Crispy:** Use peanut flour to bread your chicken, turkey or beef.

**Refresh Old Recipes:** Stir peanut butter into your favorite chili recipe instead of ground beef.*

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*CLICK HERE for more recipes!

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#PeanutPower

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**The Peanut Institute**

www.peanut-institute.com