

# PECANS

## *Offer Good Nutrition*

90% of the fats in pecans are unsaturated  
(about 60% monounsaturated/30% polyunsaturated)  
A serving of pecans (30g) provides about 25% more  
oleic acid than a serving of olive oil (one tablespoon)

Cholesterol-free

Sodium-free

Fiber-rich

Valuable plant protein source

More than 19 vitamins & minerals

Excellent source of gamma tocopherol,  
an important type of vitamin E

Concentrated amounts of natural plant sterols,  
touted for their cholesterol-lowering ability

A variety of phytochemicals

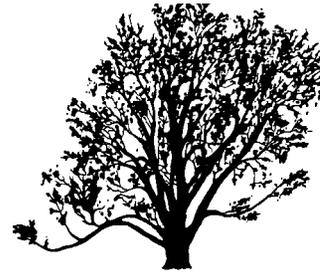
Nuts are recommended by the American Heart  
Association and U.S. Dietary Guidelines as a  
desirable source of heart-healthy unsaturated fat.

## *Storage*

Pecans should be protected from moisture, light, heat and oxygen to preserve freshness. Storing inshell pecans in a cool, dry place will preserve freshness for several months. In shell or shelled, pecans can be stored under refrigeration for about nine months, or frozen at 0° F for up to two years.

Pecans can be thawed and refrozen repeatedly without loss of flavor or texture.

[www.hortla.okstate.edu/pecan/opga](http://www.hortla.okstate.edu/pecan/opga)



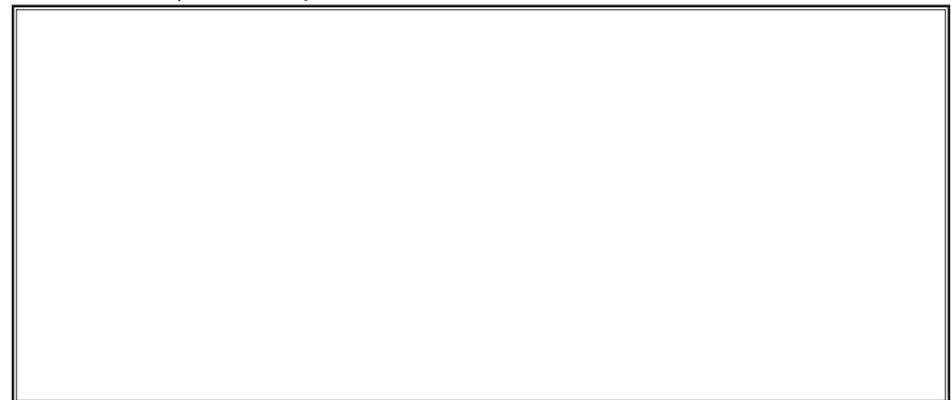
OKLAHOMA  
**PECAN  
GROWERS**  
ASSOCIATION

[www.hortla.okstate.edu/pecan/opga](http://www.hortla.okstate.edu/pecan/opga)



*Bringing you the best of Oklahoma pecans!*

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## PECAN Recipes

### Pecan Praline Sauce

2 cups sugar	3 T white syrup
1 cup buttermilk	1 t baking soda
1/2 cup butter	1 t vanilla
2 t molasses	1 1/2 cups chopped pecans

Combine all ingredients except vanilla and pecans in large heavy saucepan. Simmer 10 minutes, stirring occasionally. Remove from heat. Add vanilla and pecans. Sauce will thicken as it cools. Refrigerate when cool. Serve over cake or ice cream.

### Pecan Turtles

72 pecan halves  
24 individually wrapped caramels, unwrapped  
1 cup semisweet chocolate chips  
2 t shortening

Preheat oven to 300° F (150° C). Grease baking sheets. Place three pecan halves in a Y shape on cookie sheet and place caramel in center. Repeat with remaining nuts and caramels. Place in preheated oven 10 minutes, until caramel is melted. Melt chocolate chips with shortening in microwave, or in a small saucepan over low heat; stir until smooth. Spoon over candies on sheets. Chill 8 hours or overnight, until firm.

Makes 24 candies

## PECANS So Versatile

### Flavor

Full, rich, meaty flavor of pecans is compatible with most foods. The natural flavor of pecans can be enhanced with salt, herbs, spices, sweeteners, flavorings or roasting.

### Aroma

The characteristically sweet odor is found primarily in pecan oils. This desirable aroma enhances the appeal of many finished products.

### Texture

A variety of textures are available for any processed food, from traditional baked goods to entrees, candies and dairy items. Texture depends on the form of pecan chosen (e.g., pecan halves offer a crisp bite, while pecan meal offers no bite at all).

### Appearance/Color

Pecans are classified by the predominant color of their skin as specified by USDA standards – Light, Light Amber, Dark, Dark Amber.

