

# SPICED WALNUT *and* SERAFINA SANDIE

Chef Talferd Jude, Kitchi Gammi Club, Duluth, Minnesota

**Yield:** 2 servings

## *ingredients*

- ½ cup walnuts,  
coarsely chopped
- 2 teaspoons olive oil
- Pinch cayenne pepper
- Pinch dried oregano
- Pinch salt
- Pinch sugar
- 2 honey-wheat English  
muffins (split) or 4 slices  
honey wheat bread,  
lightly toasted
- 6 tablespoons **Serafina  
Garlic & Herb Spread**,  
room temperature
- 1 cup fresh blueberries
- 1 cup watercress

## *method*

- Preheat oven to 325° F.
- Toast walnuts in oven until slightly browned (approx. 15 minutes). While hot, toss walnuts with olive oil and spices; allow to cool.
- Spread English muffin or bread with **Serafina**. Gently press blueberries and spiced walnuts into the spread. Top with watercress. Serve open-faced.

## *cheese tips*

As a snack, nothing beats Serafina and Spreadables with fresh veggies, tortilla chips, mini pretzels, or bread sticks... but have you tried these applications:

- **Breakfast:** spread on bagels or toast, or in savory buckwheat crêpes
- **Lunch:** wraps, sandwiches, and burritos
- **Dinner:** As a base for sauces, dolloped on baked potatoes, stirred into mashed potatoes, tossed with pasta, or lathered atop grilled steak