



Spiced Nuts

Recipe Source: Better Homes and Gardens
12 servings

Ingredients:

1 egg white
1 tsp water
1 Tbsp sugar
1 tsp cinnamon
1/4 tsp salt
1/4 tsp cayenne pepper
1/4 tsp ground cumin
1/4 tsp ground coriander
1 cup almonds
1 cup peanuts
1 cup pecans

Steps:

- Preheat oven to 325°F. Line a 9x13 baking pan with foil and lightly coat with cooking spray. Set aside.
- In a medium bowl, whisk egg white and water until frothy. Add sugar, cinnamon, salt, cayenne pepper, cumin, and coriander. Whisk until combined.
- Stir in nuts and toss to coat.
- Spread nut mixture in an even layer in prepared pan. Bake 20-25 minutes or until golden and nuts appear dry, stirring once halfway through.
- Remove foil with nuts from pan and let cool. Makes about 12 servings (1/4 cup each).

Tips from the Test Kitchen: Use any combination of nuts you prefer.

Nutritional Facts (per serving): Calories: 201, Carbohydrates: 7 grams, Protein: 7 grams, Total Fat: 18 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 56 mg, Fiber: 3 grams, Total Sugars: 2 grams