

## Spiced Nuts

*Serve them in your salad, as an appetizer, or chopped and patted into warm goat cheese discs for an outstanding salad topping. Feel free to increase the amount of sugar or spices to suit your taste. (See note below for full instructions.)*



### *Ingredients:*

- 2 cup pecans, not roasted (or any nut you like)
- 1 egg white
- $\frac{1}{3}$ - $\frac{1}{2}$  cup sugar— brown, white, coconut etc.
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon -  $\frac{1}{2}$  teaspoon hot spice to taste OR  $\frac{1}{4}$  teaspoon cayenne OR  $\frac{1}{2}$  teaspoon chili powder, etc.-- optional if you want a spicy nut
- spice --  $\frac{1}{2}$  teaspoon cinnamon (also optional)

### *Preparation:*

1. Preheat oven to 300°.
2. Cold egg whites are easier to separate than room temperature ones. Add 2 teaspoons water to egg white in small bowl and beat until frothy.
3. Combine sugar, salt, and optional spices/cinnamon (if using) in another bowl.
4. Add egg mixture to the nuts in yet another bowl. Stir to combine.
5. Add sugar/salt/spice mixture to moistened nuts. Stir to combine well.
6. Place a piece of parchment paper, silpat mat, or tin foil on a rimmed baking sheet. Pour the nut mixture onto the pan and spread so the nuts are in an even layer.
7. Bake for 18 minutes. Turn over with a spatula.
8. Bake for another 15-18 minutes until your kitchen and the nuts both smell fabulous.
9. Let cool in pan. Store in a jar until ready to use as an appetizer or chopped and used as a goat cheese patty covering.