



## Sweet and Salty Roasted Nuts

*Nuts are loaded with essential nutrients like fiber, protein, heart healthy fats, and minerals like selenium and magnesium. Roasting them brings out their nutty flavor and the spicy seasonings add a burst of flavor. Add them to salads or to a holiday spread of appetizers.*

Yield: 16 servings; ¼ cup per serving

### Ingredients:

- 1 egg white
- 1 tablespoon water
- 4 cups nuts (raw whole cashews, whole almonds, walnut halves, and/or pecan halves)
- 3 tablespoons packed brown sugar
- 1 tablespoon ground cumin
- 2 teaspoons chili powder
- 1 teaspoon garlic salt
- ⅛ teaspoon cayenne pepper

### Directions:

1. Preheat oven to 300° F. Line a 15x10x1-inch pan with parchment paper. In a medium bowl, combine egg white and water; beat with a fork until frothy. Add nuts; toss to coat. Let stand for 5 minutes.
2. Meanwhile, in a small bowl, combine brown sugar, cumin, chili powder, garlic salt, and cayenne pepper. Add spices to the bowl with the nuts and egg white mixture; mix well to coat. Spread nuts evenly in the baking pan.
3. Bake for 35 to 40 minutes or until nuts are toasted and coating is dry, stirring twice. Remove nuts to a fresh piece of parchment or foil and cool completely. Store in an airtight container at room temperature for up to 5 days, or freeze for up to 3 months.

### Nutrition Info per serving:

Calories: 209, Saturated Fat: 2.6g, Sodium: 90mg, Added sugars: 0g, Fiber: 2.3g, Protein: 6.7g

### Source:

<https://www.eatingwell.com/recipe/263086/sweet-and-salty-roasted-nuts/>