

Toasted Hazelnuts

Makes 4 servings | Protein

Ingredients

- 1 cup hazelnuts
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F.
3. Spray baking sheet with nonstick spray. Arrange hazelnuts in a single layer on sheet.
4. Toast hazelnuts in oven, stirring occasionally, until brown and fragrant, about 10-15 minutes. Check hazelnuts often, as they can burn quickly.
5. Remove baking sheet from oven. Cover hazelnuts with a clean kitchen towel to steam for 1 minute. Rub nuts in the towel to remove loose skins and cool completely. Alternatively, let hazelnuts cool completely then rub hazelnuts together with your hands to remove loose skins.
6. Store in airtight container in pantry for 6 months or in the freezer for up to 1 year.
7. Enjoy with oatmeal, parfaits, trail mix, or chop and add as topping to your favorite dishes.

Stovetop Directions- Heat a medium sized skillet to medium heat. Add hazelnuts and toast until brown and fragrant, stirring frequently, about 5-10 minutes. Follow steps 4-7.

Add Seasonings- Coat hazelnuts in nonstick spray and sprinkle on seasonings of choice during step 3 (cinnamon, nutmeg, cardamom, cayenne, paprika, dill, etc.).



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.