

Roasted Nuts

Makes 4 servings | Protein

Ingredients

- 1 cup nuts
- 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 nuts in a single layer on sheet.
4. Toast nuts in oven, stirring occasionally, until brown and fragrant, about 10-15 minutes. Check nuts often, as they can burn quickly.
5. Remove baking sheet from oven. Cover nuts with a clean kitchen towel to steam for 1 minute. Let nuts cool completely.
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 nuts and toast until brown and fragrant, stirring frequently, about 5-10 minutes. Follow steps 4-7.

Add Seasonings- Coat nuts 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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