



## Chili Nuts

*With a coating of orange juice concentrate, sugar and a blend of seven seasonings, these nuts are so yummy you'll be tempted to munch them handful after handful.*

<b>Vegetable cooking spray</b>	<b>½ tsp ground cumin</b>
<b>¼ cup sugar</b>	<b>¼ to ½ tsp cayenne pepper</b>
<b>1 large egg white</b>	<b>¼ tsp celery salt</b>
<b>1 tbsp chili powder</b>	<b>¼ tsp ground cinnamon</b>
<b>1 tbsp frozen orange juice concentrate, thawed</b>	<b>¼ tsp ground black pepper</b>
<b>1 tsp garlic powder</b>	<b>3 cups peanuts or mixed nuts</b>

1. Heat oven to 325°F. Line a 15×10×1-inch baking pan with foil. Coat with cooking spray; set aside. In a large bowl, combine sugar, egg white, chili powder, orange juice concentrate, garlic powder, cumin, cayenne pepper, celery salt, cinnamon and black pepper. Add nuts; toss to coat.
2. Spread nuts in the prepared baking pan. Bake, stirring twice, 20 minutes. Cool; break apart large clusters. (*Can be stored in an airtight container at room temperature up to 1 week.*)  
Makes 12 servings.

Nutrition Facts per ¼ cup: 239 cal., 19 g total fat (3 g sat. fat), 0 mg chol., 160 mg sodium, 11 g carb., 4 g fiber, 11 g protein.