

## Spiced Pecans

*These are great as a snack or on top of a salad.*

- 4 cups pecan halves
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- ½ teaspoon ground cayenne pepper
- 1½ teaspoons finely chopped fresh thyme
- 1 teaspoon finely chopped fresh rosemary
- ½ teaspoon black pepper
- ¼ cup dark brown sugar
- ¼ cup melted butter

1. Preheat oven to 400F.
2. Combine all ingredients in a mixing bowl and toss well. Place pecans in a single layer on a cookie sheet and roast 8 minutes. Makes 4 cups.

*Per (¼-cup) serving: 240 calories, 24g fat, 3g prot., 7g carbs., 3g fiber, 140mg sodium.*

*(Continued on page 10)*

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