
sweet & spicy nuts

pictured on page 196

Prep 15 minutes plus cooling

Bake about 25 minutes

Makes about 8 cups

- 1 cup sugar**
- 2 teaspoons salt**
- 1 teaspoon ground cumin**
- 1 teaspoon ground cinnamon**
- 1 teaspoon coarsely ground black pepper**
- ½ teaspoon ground red pepper (cayenne)**
- 1 large egg white**
- 6 cups unsalted nuts such as walnuts, pecans, natural almonds, and/or cashews**

1. Preheat oven to 325°F. Grease two 15½" by 10½" jelly-roll pans.

2. In small bowl, stir sugar, salt, cumin, cinnamon, black pepper, and red pepper. In large bowl, with wire whisk, beat egg white until foamy. Stir nuts into egg white. Add sugar mixture; toss until nuts are thoroughly coated.

3. Divide nut mixture between prepared jelly-roll pans, spreading evenly. Bake nuts 25 to 27 minutes or until golden brown and dry, stirring twice during baking. With slotted spoon, transfer nuts to waxed paper; spread in single layer to cool. Store nuts in tightly covered container at room temperature up to 1 month.

>> Each ¼ cup: About 165 calories, 4 g protein, 11 g carbohydrate, 12 g total fat (2 g saturated), 2 g fiber, 0 mg cholesterol, 150 mg sodium.
