



Spiced Pecans

*Makes about 2-1/2 cups. Approximately 12
3 tablespoon- sized servings. Recipe courtesy of Bon Appetit.*

Ingredients

- 1 10-ounce package pecan halves
- 2 tablespoons (1/4 stick) unsalted butter
- 1-1/2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper
- 2 tablespoons sugar
- 1 teaspoon salt

Nutritional info

Calories:	61
Total fat:	6g
Cholesterol:	2mg
Sodium:	208mg
Total Carbs:	3g
Potassium:	27g

Directions

1. Preheat oven to 300° F.
2. Place pecans in medium bowl.
3. Melt butter in heavy small saucepan then add cumin and cayenne and stir until aromatic, about 15 seconds.
4. Pour over pecans. Add sugar and salt and stir to coat.
5. Transfer to baking pan. Bake until nuts are toasted, stirring occasionally, about 20 minutes.
6. Serve warm or at room temperature. (Pecans can be prepared 5 days ahead. Store in airtight container.)