

Sweet-Savory Roasted Nuts

Serving Size 2 ounces

Servings 32

Prep Time 6 minutes

Cook Time 46 minutes, plus cooling time



Nutrition Information

Calories	109
Fat	9 g
Protein	3 g
Carbs	6 g
Sodium	162 mg

Ingredients

1 egg white

2 teaspoons water

1 tablespoon ginger stir-fry sauce

4 cups raw whole nuts, such as almonds, cashews, pecans, or peanuts

3 tablespoons brown sugar, packed

2 teaspoons cumin

1 teaspoon turmeric

2 teaspoons chili powder

$\frac{3}{4}$ teaspoon garlic salt

$\frac{1}{2}$ teaspoon kosher salt

? teaspoon cayenne pepper

Directions

1. Heat the oven to 300 F. Line a 9-inch-by-13-inch baking pan with foil; spray with cooking spray.
2. In a large bowl, combine the egg white and water; whisk with a fork until frothy.
3. Add the stir-fry sauce; whisk to combine. Add the nuts; toss to coat.
4. In a small bowl, combine the brown sugar, cumin, turmeric, chili powder, garlic salt, salt, and cayenne. Add the spice mixture to the nut mixture; toss to thoroughly combine. Spread the nuts

evenly on the prepared pan.

5. Bake, stirring twice, for about 40 minutes, or until the nuts are toasted and the coating is dry. When nuts are no longer wet to the touch, remove the pan from the oven and pour the nuts onto a large sheet of foil to cool completely.