

# Herb Roasted Nuts

## Ingredients:

- 3 cups whole, raw mixed nuts
- 2 tablespoons olive oil
- 2 tablespoons coarsely chopped fresh rosemary
- 1 teaspoon fresh thyme
- 1 teaspoon cumin
- 1/4 teaspoon ground cayenne pepper
- 1 tablespoon sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

## Directions:

1. Preheat oven to 300°F.
2. Place nuts in a medium bowl.
3. Place oil in a small saucepan and heat over medium heat until warm, careful not to let the oil get too hot.
4. Add rosemary and thyme to the oil in the pan and stir until aromatic, about 1 minute. Remove pan from heat and stir in cumin and cayenne pepper. Pour flavored oil over the nuts and stir to coat evenly.
5. Sprinkle with sugar, salt, and black pepper. Stir to combine.
6. Transfer nuts to a baking pan. Bake for about 15 minutes, stirring after the first 10 minutes.
7. Let cool and serve, or store in an airtight container for up to 2 weeks.

<b>Nutrition Facts</b>	
Serving Size 1/4 cup (33g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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