

Zesty Glazed Walnuts

1 egg white, lightly beaten
1/4 c. sugar
1/2 t. cinnamon
1/4 t. each, salt and nutmeg
1/8 t. cayenne pepper
1 lb. walnuts

1) In a mixing bowl combine the egg white with the sugar and spices. Add walnuts and toss until the nuts are evenly coated.

2) Spread onto a parchment-lined sheet pan and bake in a preheated 325° F oven until the coating is dry, about 20 minutes. Cool completely and store in an airtight container.

Nutritional analysis per serving (8 servings): calories 372; fat 32g; protein 14g; carbohydrates 13g; fiber 3g; cholesterol 0mg; sodium 74mg.