

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



SPICED WALNUTS - Serves 8

Heart healthy walnuts are a great source of Omega-3 fats, protein and antioxidants. Try adding these spicy nuts to a holiday spinach salad or serve with cheese and fruit!

Ingredients:

- 1 egg white
- 1 Tbsp water
- 2 cups walnut halves and pieces
- 2 tablespoons (or 1 Tbsp Splenda brown sugar)
- 1 Tbsp cinnamon
- 1/2 tsp allspice
- Pinch salt (optional)

Directions:

1. Preheat oven to 225°F and line a baking sheet with foil or parchment paper.
2. Combine egg white and water; beat until foamy. Add walnut halves and pieces and toss to coat. Pour the mixture into a strainer and let drain 2-3 minutes.
3. Combine sugar, cinnamon and allspice in a plastic or paper bag; shake to mix. Add the walnuts; hold the bag shut and shake vigorously to coat the nuts. Spread the nuts in one layer on the prepared baking sheet.
4. Bake for 1 hour, stirring every 15 minutes.
5. Cool completely, stirring occasionally and breaking nuts apart if stuck together. Don't worry if they stick to the foil, it is easy to peel them off.
6. Store in a tightly-capped jar. Makes 2 cups.

Recipe Notes: For a little citrus flavor try adding 1 teaspoon of orange zest along with the spices.

Nutritional Information per serving ¼ cup (with Splenda brown sugar):

Calories: 209 ; **Total Fat:** 19.5 g; **Saturated Fat:** 2 g; **Cholesterol:** 0 mg; **Sodium:** 8 mg;

Total Carbohydrate: 12 g; **Dietary Fiber:** 2.5 g; **Protein:** 5 g