

SMOKY SPICED PECANS

 45 mins

Add heat to naturally sweet pecans by combining them with chipotle chili powder and smoked paprika for a simple snack that can be enjoyed at home or on-the-go.

INGREDIENTS

1 large egg white, beaten
2 cups raw pecan halves
2 tablespoons light brown sugar
2 teaspoons chipotle chili powder
2 teaspoons smoked paprika
3/4 teaspoon salt

METHOD

1. Preheat oven to 300 degrees F. Line a baking sheet with parchment paper, set aside.
2. In a large bowl, whisk beaten egg with a fork until frothy. Add pecans and stir until coated. Sprinkle pecans with brown sugar, chili powder, and smoked paprika. Stir to coat evenly. Spread pecans in an even layer on the prepared baking sheet.
3. Bake pecans for 40 minutes, stirring halfway through. Allow pecans to cool completely. Store in an airtight

container for up to 4 days. Makes 2 cups.

NUTRITION FACTS

Calories 250	Fat 24	Sat Fat 2	Sodium 340
Carbs 10	Fiber 4	Protein 4	