Nuts are a fantastic source of healthy fats, proteins and a variety of minerals. Walnuts in particular contain the highest amount of plant based omega-3 essential fatty acid, called alpha-linolenic acid (ALA). Walnuts also supply protein, fiber, magnesium and phosphorous. Offering a tasty plate of spiced or seasoned nuts in place of cheese and crackers is a great way to show family and friends you care about their health. Keep in mind, while nuts are nutrient dense, they are also calorie dense – a little goes a long way. Keep portion size in mind while savoring every delicious bite. Serve with slices of freshly cut apples and pears.

This recipe has been Heart Check certified by the American Heart Association. *Heart-Checked certification does not apply to all recipes or information unless expressly stated.*

Total Time: 15 Mins
Serves: 16

Ingredients

4 cups California walnut halves and pieces
2 egg whites, lightly beaten
1/2 cup granulated sugar
2-3 teaspoons cayenne pepper

PREPARATION
1. Preheat oven to 350°F.
2. Toss walnuts with egg whites.
3. Mix sugar with cayenne pepper and toss with the walnuts and egg whites.
4. Spread walnuts on a baking sheet that has been sprayed with cooking oil.
5. Bake for about 10 to 12 minutes or until walnuts are crisp and caramelized.
Let cool and enjoy.
Serve with Seared Filet Mignon with Blue Cheese or as an appetizer, snack or dessert topping. Heart-Checked certification does not apply to all recipes or information unless expressly stated.

Nutrition per ounce: Calories: 220 calorie, Total Fat: 19 grams, Cholesterol: 0 mg, Polyunsaturated Fat: 14g, Trans Fat: 0, Monounsaturated Fat: 3, Sodium: 1 mg, Dietary Fiber: 2 grams, Protein: 5 gram, Carbohydrates: 11 grams.

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