

Rosemary Sesame Pecans

Serves 16



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- 1 pound pecan halves (about 4 cups)
- ¼ cup sesame seeds
- 2 large egg whites
- 1 teaspoon salt
- 1 tablespoon fresh rosemary, minced

Directions

1. Preheat oven to 300° F. Line two baking sheets with parchment paper.
2. Combine sesame seeds, salt, and rosemary in a small bowl.
3. In a large bowl, whisk the egg whites until slightly frothy, then add pecans and toss to coat.
4. Add the herb mixture and toss to coat evenly.
5. Spread the pecans out on the baking sheets and bake 20-25 minutes or until the nuts are toasted and the coating is dry.

Notes

- Common allergens: Tree nuts, eggs, sesame
- Suggestion: Try this recipe with other nuts – walnuts, almonds, cashews, etc.



Recipe from Healthy Edible Holiday Gifts, Fall 2014