

Maple Rosemary Spiced Nuts



This recipe is the perfect blend of sweet and savory with just a little heat, satisfying everyone. Add to air popped popcorn, dried fruit and chocolate chips for a festive trail mix!

YIELD ABOUT 1 CUP	PREP TIME 5 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

1 cup	Nuts, any variety, whole or chopped
¼ cup	Maple Syrup
2 tsp	Rosemary, fresh, chopped
1 tsp	Cinnamon, ground
½ tsp	Nutmeg, ground
¼ - ½ tsp	Cayenne Pepper
¼ tsp	Kosher Salt

CHEF'S NOTES

We recommend using Pecans, walnuts, or cashews in this recipe. Pumpkin seeds also work well! If mixing different nuts and seeds together, think about their sizes. For even cooking, you may want to chop some of the nuts.

You can easily scale this recipe up or down to make the quantity you need for gift giving or serving.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Combine the nuts, maple syrup, rosemary, cinnamon, nutmeg, cayenne and salt in a skillet over medium-low heat. Use a spatula to toss until evenly coated.
3. Cook until the mixture reaches a low simmer, stirring occasionally. Simmer for about 10 to 15 minutes, stirring often, until the liquid in the maple syrup has evaporated and the sugars have crystallized. The maple syrup will go through the following stages:
 - Thin and liquid: the nuts will be lightly coated as the sugars in the maple syrup begin to caramelize; stir every 1-2 minutes
 - Thick and glazed: the mixture will become caramelized and coat the nuts; stir every 1 minute and break up the larger clumps of nuts as they stick together
 - Crystallized and grainy: when you see that the sugars are dry and coating the nuts with a crust, the nuts are almost done; stir constantly
4. Pour the nuts onto a small sheet pan or plate lined with parchment paper. Break apart any large clumps with a spatula and allow to cool to room temperature.

Nutrition Facts

4 servings per container

Serving Size 1/4 cup (44 g)

Amount per serving

Calories 250

% Daily Value *

Total Fat 20g 25%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 18g 7%

Dietary Fiber 3g 11%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 3g 5%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2mg 13%

Potassium 200mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from gimmesomeoven.com, "Maple Candied Pecans"



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