

# Spiced Pecans

*Toasting nuts with a little spice adds an additional layer of savory (or sweet) flavor which makes for a super tasty snack or salad topping!*

<b>YIELD</b> <b>16 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
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## INGREDIENTS

1 cup	Pecan halves, raw
2 tsp	Salt-Free Creole Seasoning (see chef's notes)
¼ tsp	Kosher Salt
1 Tbsp	Worcestershire Sauce

## CHEF'S NOTES

Making your own herb and spice blends, puts you in control of the flavor, spice level, and sodium.

### **GCCM's Salt-Free Creole Seasoning Blend:**

- 4 Tbsp Smoked Paprika
- 4 Tbsp Garlic Powder
- 2 Tbsp Onion Powder
- 2 Tbsp Oregano, dried
- 2 Tbsp Thyme, dried
- 2 Tbsp Black Pepper, ground
- 1 Tbsp Cayenne, ground

Combine all ingredients and store spice blend in a sealed container for up to 3 months.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F.
2. Toss all ingredients together in a medium bowl and spread evenly on a parchment lined baking sheet.
3. Bake for 8-10 minutes, until toasted and golden brown.
4. Allow to cool completely before adding to your favorite salad or sealing in a container. These spiced nuts will store well in an airtight container for about 2 weeks.

# Nutrition Facts

16 servings per container

**Serving Size** 1 Tbsp (8 g)

Amount per serving

**Calories** 50

% Daily Value \*

**Total Fat 5g** 7%

Saturated Fat 0g 2%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 40mg** 0%

**Total Carbohydrate 1g** 0%

Dietary Fiber less than 1g 2%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein less than 1g** 0%

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0.18mg 0%

Potassium 29mg 0%

\*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.

