

## SPICED TOASTED ALMONDS

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

### **Ingredients**

- 1 Tbsp. dried thyme leaves
- 1 tsp. kosher or sea salt
- ¼ tsp. red (cayenne) pepper, or to taste
- 2 tsp. canola oil
- 2 cups whole, unblanched almonds
- Canola oil spray

### **Instructions**

1. Preheat oven to 400 degrees.
2. In large, shallow bowl, combine thyme, salt, pepper and oil. Set aside.
3. Place nuts in medium bowl. While tossing with fork, lightly spray with canola oil so all surfaces are coated.
4. Lightly coat baking sheet with canola oil spray. Turn nuts onto sheet and spread evenly across surface. Place baking sheet in center of the oven.
5. Toast until nuts are lightly browned and fragrant - about 8 minutes. Occasionally, shake pan to shift nuts and prevent scorching. (Be careful not to let nuts get too dark or they'll taste burned.)
6. Remove from oven and immediately add hot nuts to spice mixture. Stir for a few minutes to coat the nuts thoroughly. Taste and adjust the seasonings.
7. Serve warm or at room temperature. Nuts can be sealed and stored for up to two weeks. Reheat in a hot oven.

Makes 8 servings (2 cups per serving)

### **Nutritional Information per serving (8 servings)**

- Calories: 223
- Total fat: 19g
- Saturated fat: 1g
- Protein: 7g
- Total carbohydrate: 7g
- Dietary fiber: 4g
- Sodium: 235mg



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