

Spiced Walnuts

Yield: 32 servings (3 tablespoons each)

Ingredients:

- ¾ stick (6 tablespoons) butter
- 1½ teaspoons Chinese five-spice powder
- ¼ teaspoon cayenne pepper, or to taste
- 2¼ teaspoons crumbled dried thyme
- 6 cups whole walnut halves
- salt to taste

Procedure:

In a large, heavy saucepan, melt the butter with the five-spice powder, cayenne and thyme. Stir to mix and add the walnuts. Toss walnuts to coat well, adjust seasoning with salt and toss again. Place the walnuts in a single layer on a baking pan placed in the middle of an oven that's been preheated to 350 F. Bake for 10 minutes. Allow walnuts to cool slightly. Serve warm.

about 140 calories and 14 grams of fat per serving

Nutritionally, walnuts provide minerals such as copper, magnesium, phosphorus and zinc, along with vitamin B-6, and like all plant-based foods, walnuts are cholesterol free.

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