

Spiced Walnuts / Pistachios

Makes 2 cups

June
(Brain Power!)

2 cups	walnut halves or shelled pistachios
½ cup	powdered sugar
½ tsp	salt
½ tsp	cayenne powder
¼ tsp	Chinese five-spice powder
1 tbsp	toasted white sesame seeds

1. Preheat oven to 350°F.
2. Blanch walnuts in a large pot of boiling water for 30 seconds. Drain and place nuts in a large mixing bowl. Sprinkle sugar, salt, cayenne powder and five-spice powder on nuts. Toss to coat evenly.
3. Roast nuts in oven for 15 minutes, until they are brown and glazed. Sprinkle with sesame seeds while hot. Cool completely before storing in air-tight jars.

Note:

- * Try using other nuts (or mix together a few different kinds)
- * For added crunch, you can also deep-fry nuts as an option

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