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Prevent and Protect
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ROSEMARY NUTS

By Chef Elizabeth Wiley

Serves 28 to 30 portions (1/4 cup portions)

2 lbs assorted nuts, roasted (not salted)
4 Tbsp. fresh rosemary needles, finely chopped
1/4 to 1/2 tsp. cayenne
1 1/3 Tbsp. brown sugar
1 1/3 Tbsp. kosher or sea salt
1 Tbsp. unsalted butter, melted

Pour nuts one-layer thick on baking sheet and toast in 350 oven for 14 minutes.

Mix all other ingredients into the melted butter in a bowl big enough to hold the nuts, and keep warm. Nuts should also be warm when they are added to the butter mixture. Gently re-heat either one if they cool before combining.

Pour warm nuts into the bowl and with two wooden spoons, mix thoroughly, coating nuts with the butter. Let the nuts dry and cool completely before storing them in an airtight container.

Nutrition Profile: *Calories: 290; Fat: 16 g; Sat Fat: 2.5 g; Cholesterol: 0 mg; Sodium: 260 mg; Carbs: 7 g; Fiber: 3 g; Protein: 5 g*