



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
**Jan Elliott Evans, PhD, RD, CNSD**  
**Registered Dietitian**  
**drevans@ub-well.com**  
**www.ub-well.com**  
**(804) 339-3200**

## **SPICED NUTS**

**Cooking Light - December 2011**

**Toss 2 cups of mixed nuts with:**

- **1 ½ tablespoons olive oil**
- **1 teaspoon kosher salt**
- **½ teaspoon smoked paprika**
- **¼ teaspoon ground red pepper**

**Bake at 325 degrees for 20 minutes; toss with 2 teaspoons chopped herbs (example: thyme)**