



RECIPE OF THE Month

Spiced Walnuts

Studies suggest eating nuts several times a week may help protect heart health because of their monounsaturated fatty acids and other substances.

1 egg white	½ cup sugar
3 tbsp cold water	1 tsp cinnamon
3 cups walnut halves	½ tsp nutmeg

- 1 Beat egg white and water until frothy.
- 2 Stir nuts into mixture to coat, then drain slightly in a colander for 3-5 minutes.
- 3 Mix sugar and spices in a plastic bag; add nuts and shake to coat.
- 4 Spread coated nuts in a single layer and roast for 10 minutes in a 375°F oven, stirring once mid-way. Cool, then store in a sealed container.

PER HALF-OUNCE SERVING (about 7 walnut halves):

101 calories | 2g protein | 9g fat | .85g saturated fat | 4g carbs | .9g fiber | 1.6mg sodium