

MAKE A GREAT PLATE.

Rosemary Parmesan Pecans

INGREDIENTS

- 1 egg white
- 1 tbsp finely chopped fresh rosemary leaves
- ¼ tsp salt
- ⅓ cup finely grated Parmesan cheese
- 1½ cups raw pecans

DIRECTIONS

Preheat oven to 300°F. **Line** baking sheet with parchment. **In** large bowl, whisk egg whites until foamy. **Add** rosemary, salt and Parmesan. **Stir** to combine. **Add** pecans and toss to coat. **Spread** mixture onto prepared baking sheet. **Bake** nuts for 20 minutes, stirring once halfway. **Cool** and serve.

Makes 6 Servings. Each: 214 calories • 6g protein • 21g total fat • 4g carb
1g sugar • 3g fiber • 208mg sodium • 3g saturated fat • 12g mono fat • 6g poly fat

