

Cajun Spiced Nuts

I used a cup each of whole almonds and pecan halves. Walnut halves, hazelnuts or even peanuts will work. This recipe doubles easily and will last for 2 weeks at room temperature. Makes 2 cups.

1 egg white
2 cups whole shelled nuts
1 1/2 TBS Cajun Seasoning
2 tsp sugar
1/2 tsp cayenne pepper

Heat the oven to 325 degrees. Line a cookie sheet with parchment paper.

In a medium bowl, whisk the egg white for a minute until bubbles form; you're just breaking up the white. Add the nuts and stir until the nuts are thoroughly coated with the egg white.

In a small bowl, stir together the Cajun seasoning, sugar and salt. Pour over the nuts and stir to combine. Spread coated nuts on the cookie sheet in one layer. Bake for 30 minutes. Cool on the cookies sheet; they will crisp up.