



RECIPES

These Sweet Chipotle Walnuts are an enticing blend of sweet and spicy. Perfect for an anytime snack or a unique appetizer that will leave your guests craving more!

SWEET CHIPOTLE WALNUTS

1 egg white	1 1/2 teaspoons ground cinnamon
1 tablespoon water	1/4 teaspoon ground allspice
2 cups Fisher Chef's Naturals Walnut Halves	1/8 teaspoon ground chipotle chili pepper
1/2 cup brown sugar, firmly packed	

Preheat oven to 350°F. Line 12 x 18-inch baking pan with parchment paper; set aside. In large bowl whisk egg white and water until foamy. Add walnuts; mix gently to coat. Place walnuts in colander; drain 5 minutes.

Meanwhile, place sugar, cinnamon, allspice and chili pepper in large resealable plastic bag. Seal bag; shake to blend. Add walnuts to bag; shake to coat. Arrange nuts in single layer on prepared pan. (Discard remaining sugar.)

Bake 13 to 15 minutes stirring once halfway through baking. Remove from oven to cooling rack. Cool nuts completely in pan.

Yield: 2 cups

Nutrition information per serving (1/4 cup): 220 Calories, 16 g Total Fat, 1.5 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 15 mg Sodium, 17 g Carbohydrate, 2 g Dietary Fiber, 14 g Sugars, 4 g Protein