

## Rosemary Chili Walnuts



This is an easy way to add extra flavor to your daily snack. Change it up by choosing a different type of nut or herb combination. Tip: Make a large batch with your favorite nuts and herbs for a great grab-and-go snack throughout the week.

Serves 8

Serving Size:  $\frac{1}{4}$  cup

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

### Ingredients:

- 1 tablespoon olive oil
- $\frac{1}{2}$  pound (approximately 2 cups) walnuts
- 3 (3-inch) sprigs of fresh rosemary, leaves removed and chopped (use 1 tablespoon dried if you don't have fresh)
- 1 teaspoon crushed chili flakes (use more or less depending on your desired level of heat)
- $\frac{1}{2}$  teaspoon salt

**Directions:**

1. Use a large skillet over medium heat. Heat the oil and add the walnuts. Stir to coat the walnuts.
2. Add the rosemary leaves, crushed chili flakes, and salt. Toss to coat the walnuts.
3. Cook over medium heat stirring almost constantly for 15 minutes. Do not allow the walnuts to get too brown.

**Nutrition Information per Serving:**

- Serving Size: ¼ cup
- Vegetables: 0 cups
- Fruits: 0 cups
- Calories: 200 calories
- Carbohydrates: 17 grams
- Fiber: 4 grams
- Protein: 4 grams
- Fat: 14 grams
- Sodium: 313 mg

Source: Med Instead of Meds – North Carolina Extension