



Cinnamon Roasted Pecans

Ingredients:

1 tbsp. water
1 egg white
1 lb. pecan halves
1 ½ tsp. cinnamon
1 tsp. salt
1 cup sugar

Directions:

In a large bowl, froth the egg white with the water. Don't turn them into meringue, but do really froth them up well.

Add the pecan halves into the egg white froth and stir to coat completely. This is what makes the sugar mixture stick, so make sure every pecan half is shiny when you're done tossing them together.

To this, add the cinnamon, salt, and sugar. Stir well to coat the pecans. There should be no white sugar still visibly dry. Then, spread onto a large baking sheet (I usually use a jelly roll pan, something with sides) and back at 250° for one hour, stirring every 15 minutes.

To cool completely, spread on parchment or waxed paper on the counter. Then store in an airtight container.