

Cinnamon Sugared Pecans by Roger Scholl

Ingredients:

1 cup granulated sugar (I used Splenda and thought it had a nuttier flavor)
2 teaspoons ground cinnamon
1-teaspoon salt
2 egg whites
2 tablespoons water
½-teaspoon vanilla extract
1-pound pecan halves

Directions:

1. Preheat oven to 250 degrees F. Line a large rimmed baking sheet with parchment paper; set aside.
2. In a large zip-top bag, combine the sugar, cinnamon and salt; set aside.
3. In a large bowl, whisk together the egg whites, water and vanilla extract. Add the pecans to the bowl and stir them into the egg white mixture with a rubber spatula, making sure they are all moistened. Using a slotted spoon, remove the pecans from the egg white mixture and drop them into the bag with the cinnamon-sugar mixture. Once all of the pecans are added, seal the bag, and shake it to coat all of the pecans.
4. Using a clean slotted spoon, remove the pecans from the bag and place onto the prepared baking sheet in a single layer. Bake for 1 hour, stirring them every 15 minutes. Remove from the oven and cool to room temperature. The pecans can be stored in an airtight container at room temperature for up to 2 weeks.

Note: This recipe can be made with a variety of nuts, not just pecans. Feel free to change it up and use walnuts, almonds, pecans or a mix of your favorites.