



Sugared Curried Pecans

Hands-on time: 15 minutes

Total time: 1 hour, 15 minutes

Makes about 5 cups

1-pound (about 5 cups) pecan halves

1 egg white + water

3/4cup sugar

2 tablespoons curry powder

1-tablespoon salt

Heat oven to 250 F. Arrange the pecans on a cookie sheet and toast, stirring occasionally, until fragrant, about 10 minutes.

Meanwhile, in a large bowl, whisk the egg white and 1 teaspoon of water until frothy (I use more like a tablespoon of water)
Stir in the pecans and sprinkle with sugar, curry powder and salt. Mix well. (I like to use curry powder with a bit of a kick)
Lightly coat the cookie sheet with vegetable cooking spray.
Spread the pecans in a single layer on the sheet.
Bake 1 hour or until the pecans are dry, stirring once or twice.

Store at room temperature in an airtight container for up to 1 month or in freezer for up to 4 months.