

## Seasoned Walnuts

By Jules, Boston Mamas Guest Contributor

Here's a healthy snack for energetic kids and adults on the go. Walnuts contain essential vitamins and nutrients, especially vitamin A, potassium, and magnesium. Many people shy away from nuts because of their high fat content, but don't be afraid to grab a handful of these tasty, protein-packed nuts. (I developed this recipe when I had a hankering for nuts, but wanted something both salty and sweet.) These nuts are sure to be a hit at your next party, in your work tote, or in your child's lunchbox (save allergy issues/restrictions of course).

### *Ingredients*

- 10 oz (2.5 cups) shelled walnuts
  - 1 tablespoon honey
  - 1 tablespoon cider vinegar
  - 3 teaspoons soy sauce
  - 1 tablespoon extra virgin olive oil
  - Cracked black pepper to taste
1. Preheat oven to 300°F. Line cookie sheet with aluminum foil. Toast walnuts on cookie sheet for about 10 minutes, where they are just beginning to toast.
  2. While walnuts are toasting, whisk together honey, cider vinegar, soy sauce, and olive oil. Toss walnuts in this mixture. Add cracked black pepper to taste (I like a lot of pepper and use 1 teaspoon or more, but perhaps start with less for kids) and toss well.
  3. Return pan to oven and allow to bake for another 10-13 minutes, until walnuts are crunchy and dry.