

Peppered Pecans

Cathy Thomas, Food Editor of the Orange County Register



Just pecans, seasoned and pan cooked

1/4 cup sugar

1 teaspoon kosher salt

1 teaspoon ground pepper, coarsely ground

1 cup pecan halves

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

These nuts were served in a lovely green salad garnished with blue cheese crumbles and pears at a cooking class I attended.

1. Place a baking sheet or jelly roll pan next to your range before you start.
2. In a small bowl combine sugar, salt and pepper, and stir to combine.
3. Heat a large wok or heavy skillet over high heat. Add pecans and toss until pecans are warm, about 1 minute.
4. Sprinkle pecans with HALF of the sugar mixture and toss until the sugar melts. Add remaining sugar mixture and toss again until sugar melts, then IMMEDIATELY pour out onto the baking sheet. Spread nuts out and allow to cool. These will keep, stored in a plastic bag, for about 3-4 weeks. (They'll never last that long.)

Yield: 1 cup

Per Serving (excluding unknown items): 115 Calories; 9g Fat (67.4% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 235mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Fat; 1/2 Other Carbohydrates.