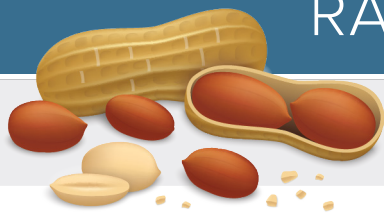


RANCH ROASTED NUTS



October 22

National Nut Day

INGREDIENTS

- 5 Cups Mixed Nuts
- ¼ Cup Oil
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- 1 Teaspoon Paprika
- 1 Teaspoon Parsley
- 1 Teaspoon Chives
- 1 Teaspoon Dill
- 1 Teaspoon Salt

DIRECTIONS

1. Preheat oven to 325°.
2. Add all ingredients to a mixing bowl and stir well to combine.
3. Spread nuts in an even layer on a large rimmed baking sheet.
4. Bake for 20 minutes, stirring every 5 minutes.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce	½ Ounce	1 Ounce	1 Ounce