

# ROASTED SPICED PISTACHIOS\*



February 26

National Pistachio Day

## INGREDIENTS

- 2 Cups Pistachios (in shells)
- 2 Teaspoons Olive Oil
- 2 Teaspoons Za'atar Seasoning

## DIRECTIONS

1. Preheat the oven to 300°F.
2. In a large bowl, toss together the pistachios, olive oil, and seasoning until the nuts are well-coated.
3. Spread the pistachios on a baking sheet and discard any empty shells.
4. Place in the oven and bake for 15 minutes. Stir, then bake for another 10 to 15 minutes or until the pistachios are toasted.
5. Remove from the oven and allow to cool.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

## YIELD

2 Cups Shelled

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1/8 Cup	1/8 Cup	1/4 Cup	1/4 Cup

\*Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.