

CINNAMON SUGAR PECANS*



April 14

National Pecan Day

INGREDIENTS

- ½ Cup White Sugar
- 2 Teaspoons Ground Cinnamon
- ½ Teaspoon Salt
- 1 Egg White
- 4 Cups (32 Ounces) Pecans

DIRECTIONS

1. Preheat oven to 325°F
2. In a bowl combine sugar, cinnamon and salt.
3. In a separate bowl add egg white and mix well.
4. Add pecans and toss until all are coated in egg mixture.
5. Add sugar mixture and coat well.
6. Place pecans on a cookie sheet and bake for 10 minutes.
7. Remove from oven, stir well and bake an additional 10 minutes.
8. Remove from the oven and let cool.
9. Enjoy immediately.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

32 Ounces

PORTION SIZES

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

*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.