

# Warm Rosemary Pistachios

MIND foods: Nuts, olive oil

Serves 2

Time: 5 minutes | Difficulty: Easy

## Ingredients

- 1 T extra-virgin olive oil
- 2 garlic cloves, smashed
- 1 sprig fresh rosemary
- 1 T chopped fresh rosemary
- ½ cup in-shell pistachios (about 49 nuts)
- Salt and pepper, to taste



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## Method

1. Gently heat olive oil in a medium pan over low-medium heat.
2. Add garlic and rosemary sprig and stir until fragrant, 1 to 2 minutes.
3. Add pistachios and continually stir or shake pan in a circular motion until pistachios are well-coated, 1 to 2 minutes.
4. Remove from heat. Sprinkle with chopped rosemary, and salt and pepper to taste.
5. They are a special treat when enjoyed warm, but they taste just as good at room temperature.



## Notes

Pistachios can get very hot. Allow to cool slightly before enjoying.