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## Spiced Walnuts Recipe

Prep: 10 minutes Total: 10 minutes

Cayenne pepper gives these slightly sweet walnuts a piquant kick. If you have a large pan, you can easily double this recipe.

Per serving: 195 calories; 4 g protein; 18 g fat; 9 g carb; 2 g fiber

Read about the [health benefits of walnuts](#).

Get a recipe for [Walnut Date Muffins](#).

### INGREDIENTS

Serves 8 (makes 2 cups).

- 1 tablespoon honey
- 2 teaspoons olive oil
- 2 cups walnut halves
- 2 tablespoons sugar
- 1 teaspoon coarse salt
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper

### DIRECTIONS

1. In a large nonstick skillet, heat honey, oil, and 1 tablespoon water over medium heat. Add walnuts; toss to coat.
2. Sprinkle the sugar, salt, cumin, coriander, and cayenne over the nuts. Cook, tossing and stirring until the nuts are well coated and lightly browned, 2 to 3 minutes. Transfer to a baking sheet to cool completely.

First published

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