Spiced Pecans\*  
This anti-inflammatory take on classic spiced pecans also works well as a gift.  
serves 6 to 8  
  
Ingredients  
1 egg white, lightly beaten  
3 cups pecan halves  
1/2 tbsp salt  
1 tsp ground cinnamon  
1/2 tsp ground cloves  
1/2 tsp ground nutmeg  
  
Preparation  
1. Preheat the oven to 350°F. Line a backing sheet with parchment paper.  
2. In a small bowl, beat the egg white with 1 tbsp water. Stir in the pecans, mixing until well moistened.  
3. Combine the salt, cinnamon, cloves and nutmeg in a small bowl. Sprinkle the mixture over the moistened nuts. Spread the nuts on the baking sheet.  
4. Bake for 30 minutes, stirring once or twice. Be careful not to burn the nuts. Store on the refrigerator in an airtight container until ready to use.