**Spiced Cashews   
Yields 24 servings**

16 ounces raw cashews

1 TB. Canola oil

1/2 teaspoon salt

1/2 teaspoon chili powder

1/2 teaspoon red pepper flakes

**Directions**

* In a large skillet, sauté cashews in oil for 4-5 minutes or until golden brown. Spread on a paper towel-lined baking sheet; let stand for 2-3 minutes. Transfer to a large bowl. Sprinkle with salt, chili powder and pepper flakes; toss to coat. Store in an airtight container.

**Nutritional Facts Per Serving (12 cashews): Calories 110, Total Fat 9.1, Sat Fat 1.8g, Cholesterol 0g, Carbs 6.2g, Fiber .6g, Sugars 1g, Protein 3g**

**Variation: Any nut may be used with this recipe. Spiced almonds are a favorite!**