



## Cajun Spiced Walnuts

**Active Time:** 10 minutes | **Total Time:** 30 minutes | **Serves:** 12

### Nutrition Information Per Serving

185.9 calories, 4.15 g carbohydrate, 2.05 g fiber, 2.1 g NET carbs, 4.63 g protein, 18.33 g fat

#### Ingredients

- 1/2 tsp(s) Real Salt
- 1 large organic egg white
- 12 ounce(s) organic walnuts
- 1 tsp cayenne pepper
- 1 tsp organic dried oregano
- 1 tsp paprika
- 1 tsp organic dried thyme

#### Preparation

1. Preheat oven to 350 F. Coat a baking sheet with cooking spray.
2. Combine egg whites and all seasoning in a medium bowl. Whisk well.
3. Add walnuts.
4. Spread walnuts in a single layer on baking sheet.
5. Bake 15-18 minutes or until crisp.
6. Store in an airtight container.

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