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PECANS

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Health Benefits

* Heart Healthy

Help to reduce cholesterol by lowering LDL levels and aid in reducing blood pressure!

* Fiber Packed

Improves colon health, promotes regular bowel movements, and aids in weight loss because they enhance the feeling of being full!

* Antioxidant source Reducing the risk of cancer!

Pecans have a rich buttery flavor, a crunchy texture, and a natural sweetness! They are loaded with vitamins, minerals, fiber, protein and healthy fats!

They are a good source of calcium, magnesium, potassium, iron, zinc, and selenium!



Pecans are a perfect snack and are a great topping for any salad!



Easy & Healthy Spiced Nuts

(Source: anoregoncottage.com)

- 2 cups raw pecans
- 2 tablespoons Oil (Olive, coconut, etc)
- 1/4—1/2 teaspoon for each spice of your choice (such as paprika, cumin, curry powder, garlic powder, cayenne pepper, cinnamon, sea salt, etc.)

Mix spices, oil and nuts in a bowl . Place them on a baking sheet and bake at 325°F for 12-15 minutes. Stir at the half way point. Remove from oven, cool, and enjoy!

Naturally Sweetened Pecans

(Source: CookieandKate.com)

- 1/2 cup raw pecans
- 2 tablespoons of maple syrup
- Season lightly with cinnamon, vanilla extract and cayenne pepper (optional)

Mix spices, maple syrup, and nuts in a bowl. Place them on a lined or coated baking sheet and bake at 325°F for 10-12 minutes. Stir at the half way point. Remove from oven, cool, and enjoy!

Crisp Pecan Breading Mixture

- 3/4 cup finely chopped pecans
- 2/3 cup breadcrumbs
- 1 teaspoon paprika
- 3/4 teaspoon garlic powder
- Salt and pepper to taste



Mix ingredients together in a bowl and use as a breading for fish, chicken or pork!

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Enjoy pecans on cereal or oatmeal!



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