



STRONG Heart Program Recipe-of-the-Month

Wasabi Almonds

Recipe from *Turning Over a New Leaf* booklet
Ingredients compliments of Lori's Natural Foods

This preparation technique can be used with all kinds of spices. For example, for a sweet and spicy almond, substitute 1/4 c sugar, 2 teaspoons of ground cumin and 1 teaspoon ground coriander for this recipe's cornstarch and wasabi powder

Ingredients:

1 egg white
1 tablespoon water
1 pound (3 cups) whole, natural almonds
2 tablespoons wasabi powder
1 teaspoon coarse salt
2 teaspoons cornstarch

Directions:

1. Preheat oven to 275°F. Line a sided baking sheet with greased foil or parchment paper.
2. Whisk egg white and water together until foamy. Add almonds and toss to coat. Transfer to a sieve; toss gently and let drain.
3. Stir together wasabi powder, salt and cornstarch in a large bowl. Add almonds and toss to coat.
4. Spread almonds on baking sheet in a single layer, and bake 30 minutes. Gently stir, reduce temperature to 200°F and continue baking 20 more minutes. Let cool completely before serving. Store in an airtight container for up to a week.

Servings: 16 **Serving Size:** 1/4 cup

Nutrition Information: 173 calories, 14g fat, 1g sat. fat, 0mg cholesterol, 120mg sodium, 6g carbohydrates, 4g fiber, 6g protein.