

Maple Spiced Walnuts

with thyme and pepper

Sometimes you just need a little something to hold you over or to add to a dish, these fit the bill perfectly. There is just enough maple syrup to coat and seal the mushrooms without making these calorie dense. The thyme and pepper add a level of complexity as well.

- 1 cup Walnut Halves
- 3 tablespoons maple syrup
- 1 teaspoon thyme leaf
- 1 pinch kosher salt
- 1 pinch black pepper

1. Preheat the oven to 375°F.
2. Combine all of the ingredients together in a mixing bowl and stir gently to combine. Use a folding motion to make sure the syrup coats all of the nuts.
3. Spread nuts evenly on a parchment lined baking sheet. Place the sheet in the oven and bake for 20 to 25 minutes. Remove the sheet tray from the oven and allow the nuts to cool to room temperature. The sugar in the syrup will harden and the nuts will be gently spiced and crisp. Serve in a bowl with cocktails or as part of a cheese course.