



LUNCH

## Rosemary Walnuts

Nuts add a satisfying crunchy texture to salads and are a great snack.

YIELD: Serves 12

### INGREDIENTS

- 4 cups walnut halves
- 2 teaspoons sea salt
- Filtered water to cover
- 1/4 cup butter
- 1/4 cup dried rosemary
- 2 teaspoons sea salt
- 1 teaspoon cayenne pepper

### DIRECTIONS

1. Spread walnuts on a parchment-lined baking sheet and toast in a 325°F oven for 8 minutes, turning halfway through so they cook evenly.
2. While the nuts are toasting, melt the butter in a small saucepan and stir in the rosemary. Allow the rosemary to infuse with the butter over low heat for 2-3 minutes.
3. Stir in the sea salt and cayenne pepper.
4. Remove the walnuts from the oven and transfer them to a large bowl.
5. Pour the melted butter and rosemary mixture over the walnuts and toss gently until all the nuts are coated.
6. Spread the walnuts onto a parchment-lined baking sheet again.
7. Return to the oven for about 10 minutes at 325°F.



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### NUTRITION GEM

## Health Benefits of Rosemary

In William Shakespeare's play Hamlet, the character Ophelia says: "There's rosemary, that's for remembrance".

**Rosemary** — Rosemary aids the immune system, improves circulation, helps regulate blood sugar levels, enhances memory, protects the nerves, and promotes hair growth.