



# ROSEMARY ROASTED WALNUTS

May 17

National Walnut Day

## INGREDIENTS

- 8 Ounces Walnut Pieces (about 2 cups)
- 1 Teaspoon Dried or Fresh Rosemary
- 1 Tablespoon Melted Butter
- Salt (to taste)

## DIRECTIONS

1. Preheat oven to 375° F. Line a rimmed baking sheet with aluminum foil or parchment paper.
2. Spread out walnuts, then drizzle with butter, add rosemary and salt and toss to coat.
3. Bake for 6 minutes, stir to ensure even roasting, and bake for another 6 minutes. If the walnuts are slightly browned, they are done. Be sure to check them because they burn easily.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

## YIELD

16 Servings

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce	½ Ounce	1 Ounce	1 Ounce