



PIZZA ROASTED CASHEWS

November 23

National Cashew Day

INGREDIENTS

- 8 Ounces Cashews
- 1 Teaspoon Olive Oil
- 1 Tablespoon Grated Parmesan Cheese
- ½ Teaspoon Basil
- ½ Teaspoon Oregano
- ¼ Teaspoon Salt
- ⅛ Teaspoon Garlic Powder

DIRECTIONS

1. Set the temperature to 325°.
2. Mix the ingredients in a large bowl. Add cashews; toss to coat.
3. Spread in an even layer on a baking sheet.
4. Bake, stirring every 15 minutes, until dry, about 30 minutes.
5. Let cool completely. Store in an airtight container.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

8 Ounces

PORTION SIZES

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