

Candied Pecan



Somehow I love candied pecan on my salad, especially when using dark green leaves. This recipe is quite similar to the Roasted Cinnamon Almond, which I like to munch on as a snack, but do not like on my salad since the texture of almond is kind of “hardy” as compared to pecan or walnut.

This is a very simple recipe and it is always good to have it handy so you can add a handful of these candied pecans to your salad, on your ice cream or just as it is...delicious!

Ingredients:

4 $\frac{1}{2}$ cups pecan

1 egg white
1 teaspoon vanilla extract
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon salt
2 teaspoons ground cinnamon







Method:

Preheat the oven at 250F.

Add the vanilla extract to egg white and mix until slightly frothy. In another bowl mix the sugar, salt and the cinnamon, set aside.

Add the mix of egg white to the pecans and mix until all the pecans are covered with the egg white.

Add the sugar mix to the almonds covered with egg white and mix gently until all the almonds are covered with sugar.

Spread the almonds in prepared trays (I used 2 baking sheet) and bake for 1 hour at 250F, flipping the almonds every 30 minutes, so the pecans do not stick to the baking sheet.

Remove the pecans from the oven, let them cool completely and store in an airtight container.



I hope you enjoy this simple recipe for candied pecans...if you like this, you might want to check on Maple Candied Walnut or Roasted Cinnamon Almonds.

Did you know that adding pecans to your diet might protect your nervous system? Moreover, pecans contain vitamin E and phenolic substances, which are antioxidants that contribute to the well-being of your cardiovascular system.

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