

SPICE-ROASTED ALMONDS

Culinary Intro:	Almonds are baked with a blend of spices for a richly-flavored, crunchy snack.
Nutrition Intro:	Almonds are a nutritious and practical snack. One portion size is the equivalent of a small handful.

Prep Time: 20 minutes
Ingredients for 16 servings:
Each serving = 2 Tablespoons
Cost per serving=\$0.26

- 1 Tablespoon chili powder
- 1 Tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon ground cinnamon
- ¼ teaspoon freshly ground black pepper
- 2 cups whole raw almonds

Steps:

1. Preheat oven to 350°F. In a medium bowl, combine chili powder, olive oil, salt, cumin, coriander, cinnamon and pepper. Add almonds and toss to coat. Transfer the almonds to a baking sheet and spread in an even layer.
2. Bake about 10 minutes or until almonds are toasted, stirring twice. Cool almonds completely before serving.

Store in an airtight container for up to 5 days.

Nutrition Facts	
Serving Size 2 Tablespoon (16g)	
Servings Per Container 16	
Amount Per Serving	
Calories 100	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Culinary/ Nutrition Notes for Demo:	
1	<p>Culinary:</p> <ul style="list-style-type: none"> • use any combination of spices you like • look for sugar and salt free spice blends • fresh rosemary and orange zest would be lovely for the holidays • try curry powder for an exotic twist <p>Nutrition:</p> <ul style="list-style-type: none"> • Salted almonds are high in sodium. Instead, try buying raw almonds and add flavor by using seasonal spices or simple enjoy raw almonds. • Almonds are an excellent source of vitamin E and magnesium, also provide calcium and folate.
2	<p>Culinary:</p> <ul style="list-style-type: none"> • the almonds will crisp up as they cool
3	<p>Culinary:</p> <ul style="list-style-type: none"> • make sure to store properly, as the oils in almonds can make them turn rancid quickly <p>Nutrition:</p> <ul style="list-style-type: none"> • Almonds are rich in monounsaturated fatty acids, the heart-healthy kind.
4	<p>Culinary:</p> <ul style="list-style-type: none"> • use other seeds, like pumpkin seeds, or nuts, like walnuts or pecans, as variations; make sure to check nuts as they bake and watch that they don't burn <p>Nutrition:</p> <ul style="list-style-type: none"> • Almonds are also a rich source of fiber, which promotes healthy digestion and may reduce the risk of heart disease when added as part of a diet low in saturated fats.

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Clean-up/Review comments

Culinary:

Spice-roasted almonds make a great every day snack, but are also decadent enough for parties. Experiment with other spices and herbs.

Nutrition:

Almonds are loaded with good-for-you nutrients. Enjoy almonds as part of any meal or as a practical snack.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 bowl for trash 2. 1 large bowl 3. mise en place bowls 4. silicone spatula 5. 1 baking sheet 6. oven mitt 7. oven 8. measuring cups 9. measuring spoons 10. paper plates/ cups/ soufflé cups 11. paper towels 12. tablecloth 13. kitchen towel 14. gloves 15. copies of recipe 	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 cups raw almonds 	
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> ground chili powder <input type="checkbox"/> ground cumin <input type="checkbox"/> ground coriander <input type="checkbox"/> ground cinnamon <input type="checkbox"/> salt <input type="checkbox"/> black pepper <input type="checkbox"/> extra-virgin olive oil 	
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> soufflé cups (for tasting), napkins 	
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe; prepare a batch of spice-roasted almonds for tasting, store properly • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: ½ hour</p>		