

## Pecans

### **Praline Crack Vanilla Delights**

- 28 graham cracker squares
- 1 cup butter
- 1 cup light brown sugar
- 1 tsp vanilla
- $\frac{1}{2}$  tsp salt
- $\frac{3}{4}$  cup chopped pecans

1. Preheat oven to 350°
2. Line a large ungreased baking pan with sides (jelly roll pan) with graham crackers, breaking in half if necessary to line the pan.
3. Melt butter and sugar in a small saucepan over medium heat until it comes to a boil. Allow it to boil for 2 minutes, stirring constantly. Remove from heat and stir in salt and vanilla. Pour mixture over top of the graham crackers evenly, spreading to coat.
4. Sprinkle pecans on top and bake in oven for 10-12 minutes until bubbly all over. If you prefer it a little crunchier, bake for 2 more minutes.
5. Remove from oven and allow to cool. Cut into squares.

### **Cinnamon Sugar Pecans**

- 1 cup granulated sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 2 egg whites
- 2 tablespoons water
- $\frac{1}{2}$  teaspoon vanilla extract
- 1 pound pecan halves

1. Preheat oven to 250 degrees F. Line a large rimmed baking sheet with parchment paper; set aside.

2. In a large zip-top bag, combine the sugar, cinnamon and salt; set aside.

3. In a large bowl, whisk together the egg whites, water and vanilla extract. Add the pecans to the bowl and stir them into the egg white mixture with a rubber spatula, making sure they are all moistened. Using a slotted spoon, remove the pecans from the egg white mixture and drop them into the bag with the cinnamon-sugar mixture. Once all of the pecans are added, seal the bag, and shake it to coat all of the pecans.

4. Using a clean slotted spoon, remove the pecans from the bag and place onto the prepared baking sheet in a single layer. Bake for 1 hour, stirring them every 15 minutes. Remove from the oven and cool to room temperature. The pecans can be stored in an airtight container at room temperature for up to 2 weeks.

Note: This recipe can be made with a variety of nuts, not just pecans. Feel free to change it up and use walnuts, almonds, pecans or a mix of your favorites.

### **Fresh Spinach-Berry Salad**

- 1/3 cup pecan halves
- 4 cups baby spinach
- 3/4 cup strawberries, quartered
- 1 tbsp. balsamic vinegar
- 1 tsp. spicy mustard
- 1 tsp. honey
- 3 tbsp. extra virgin olive oil
- Salt and pepper to taste

Place the pecans in a skillet or sauté pan. Cook over low heat, shaking the pan the entire time until the pecans are toasted. Pecans are done when you start to smell a “nutty” scent.

Remove pecans from the pan to cool. (Do not cool in the skillet because they will burn from the heat that remains in the pan.) Wash and dry the spinach. Prepare the dressing by placing the vinegar, mustard and honey in a mixing bowl. Slowly whisk in the oil until all is incorporated. Place spinach in a large bowl. Add strawberries, pecans and dressing. Toss to coat. If desired, season with a pinch of salt and pepper. Serves 4.