

### Spicy Pecans

Serving Size: 10  
Preparation Time: 30 minutes

Amt.	Measure	Ingredient
2 2/3	tsp	cumin
1 1/4	tsp	chili powder
1 1/4	dash	cayenne
1 1/4	tsp	thyme
5/8	tsp	cardamom
5/8	tsp	cinnamon
2 2/3	tsp	paprika
1/3	tsp	salt
5/8	oz	butter
1 5/8	tbsp	maple syrup
4 1/8	oz	pecan halves - toasted

Toast pecans until golden brown  
Mix together dry ingredients  
Melt whole butter in a pan and  
add maple syrup, bring to a boil  
and remove from heat  
Pour butter mixture over pecans  
and toss.  
Sprinkle entire spice mixture  
over pecans and toss until well  
coated.

### Spicy Pecan Vinaigrette

Serving Size: 8  
Preparation Time: 5 minutes

Amt.	Measure	Ingredient
4	oz	pecans-toasted
3	oz	rice wine vinegar
2 1/2	tbsp	maple syrup
1 1/2	cups	safflower oil
		S & P -- to taste

Mix together in bowl

NOTES: Great with spinach

### Spinach Salad

Serving Size: 4  
Preparation Time: 0 minutes

Amount	Measure	Ingredient
1	batch	spicy pecans
1	batch	spicy pecan vinaigrette
12	ounces	fresh spinach
2	ounces	goat cheese
1/2	pint	fresh berries

Wash the spinach and dry in a salad spinner. Toss the spinach with  
the dressing, top with the spicy pecans, goat cheese and berries and  
serve immediately.