
Sugared Pecans and Pepitas

The Essential Southern Living Cookbook

Preparation Time: 5 minutes

Start to Finish Time: 22 minutes

1 cup pecan halves and pieces

1/4 cup roasted, salted shelled pepitas (pumpkin seeds)

2 tablespoons butter, melted

2 cups granulated sugar

Preheat the oven to 350 degrees.

In a bowl, stir together the pecans, pepitas and melted butter. Spread in a single layer on a 13 x 9-inch pan.

Bake for 12 to 15 minutes or until toasted and fragrant, stirring halfway through.

Remove from the oven. Toss with the sugar.

Cool completely in the pan on a wire rack.

Yield: 1 1/2 cups

Side Dishes

Per Serving (excluding unknown items): 1751 Calories; 23g Fat (11.5% calories from fat); trace Protein; 400g Carbohydrate; 0g Dietary Fiber; 62mg Cholesterol; 238mg Sodium. Exchanges: 4 1/2 Fat; 27 Other Carbohydrates.