

SKILLET ROASTED ROSEMARY HAZELNUTS

Yield: 3 cups

INGREDIENTS

- 1 tablespoon coconut oil
- 2 - 3 sprigs fresh rosemary, plus 1 tablespoon minced, fresh rosemary
- 3 cups raw hazelnuts, skinless or with skins
- 2½ teaspoons salt
- 1/2 teaspoon pepper

METHOD

1. Heat the coconut oil in a large skillet over medium heat.
2. Add the fresh rosemary sprigs. Stir and cook for 2 -3 minutes. Remove the sprigs and discard.
3. Add the raw nuts to the skillet and stir well to coat the infused rosemary oil.
4. Season with salt, pepper, and tablespoon of minced rosemary.
5. Continue cooking, stirring frequently, for about 5 minutes or until the nuts are golden brown.
6. Transfer to paper towels to drain and cool.
7. Serve warm or at room temperature.

TIP: Store the nuts in an airtight container for up to 2 weeks.