

Hot & Spicy Pecans

- 2 Tbsp. margarine, melted
- 1 Tbsp. Worcestershire sauce
- ¼ tsp. ground red pepper
- ¼ tsp. salt
- ¼ tsp. garlic powder
- 2 cups pecan halves
- 1 Tbsp. chili powder

Preheat oven to 300°F. In a medium bowl, mix margarine, Worcestershire sauce, red pepper, salt, and garlic powder. Stir in the pecans and gently toss with chili powder to coat. Spread coated pecans on a medium baking sheet and cook 20 minutes in the preheated oven, stirring approximately every eight minutes.

Oatmeal Cookies

- 1 cup shortening, melted
- 1 cup sugar
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- 2 eggs, beaten
- ½ tsp. baking soda, dissolved
- 3 Tbsp. buttermilk
- 2 cups oats, uncooked
- 2 cups all-purpose flour
- 2 cups pecans, chopped

Thoroughly mix together all ingredients. Drop by teaspoonfuls onto lightly greased cookie sheet. Bake until light brown in 325°F oven.

Easy Pecan Praline Cake

- 1 package butter recipe cake mix
- 1 container coconut pecan frosting
- 4 eggs
- ⅔ cup vegetable oil or applesauce
- ¾ cup water
- 1 cup chopped pecans

Preheat oven to 350° F. Spray a large bundt pan with non-stick cooking spray. Combine the cake mix, frosting, eggs, oil, water and ½ of the pecans. Mix until combined. Sprinkle the remaining pecans in the prepared bundt pan; pour cake batter on top. Bake for 50 minutes or until a toothpick comes out clean.



Buttery Nut Fingers

- 2 ½ cups all-purpose flour
- 1 cup granulated sugar
- ¼ teaspoon salt
- 2 teaspoons vanilla extract
- 1 ½ cups chopped pecans
- Powdered sugar

Combine all ingredients, except powdered sugar, in a large mixing bowl. Mix well. Roll dough in shape into “fingers.” Bake on cookie sheet at 325° F for 20-25 minutes. Roll in powdered sugar.

PECANS

Using, Storing, Enjoying!

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Using, Storing, Enjoying Pecans

Pecans make a delicious snack eaten right out of the shell or toasted. When added to many good foods, pecans enhance the flavor.

Pecans are a concentrated source of energy and are a good source of protein and B vitamins and minerals. They are high in fat content but low in cholesterol.

Storing Pecans

Shelled and unshelled pecans are perishable and must be stored properly. Store in an airtight container, such as freezer bags, reusable cans or plastic containers, but remove as much air as possible.

Pecans are a seasonal crop so stock up for year-round use. Unbroken kernels stay fresh longer than broken pieces.

Pecans should remain fresh in tightly-closed containers for two months at room temperature or for about nine months in the refrigerator or for at least two years in the freezer. Unshelled pecans remain fresh two to four times as long as shelled ones. You can refreeze pecans several times without loss of quality. Pecans not stored properly will become rancid quickly.

Nutritional Info

Over half the fat (about 60%) found in pecans is monounsaturated fat, and approximately another 30% is polyunsaturated fat. This means that almost 90% of the fats (oils) in pecans are heart-healthy!

Pecans belong to the meat and bean group on the USDA's My-Pyramid, along with

meat, poultry, fish, eggs, and dried beans – making pecans a nutritious alternative for vegetarians and those striving to eat a more plant-based diet.

To increase fiber intake, just add pecans to the diet. One ounce of pecans has about the same amount of fiber as a medium-sized apple and provides 10 percent of the Recommended Daily Value for fiber.

Pecans are cholesterol-free and naturally sodium-free, making them an excellent choice for those on a salt-or sodium-restricted diet.

Just one ounce of pecans (a small handful or about 15 halves) has more zinc—an important nutrient for proper growth and strong immunity—than a 3.5 ounce piece of skinless chicken.

Glazed Pecans

1 egg white	¾ cup white sugar
1 Tbsp. water	1 tsp. ground cinnamon
1 pound pecan halves	1 tsp. salt

Preheat oven to 250°F. In a large bowl, beat egg white with water until frothy. Stir in pecans and mix to coat. Combine sugar, cinnamon and salt; stir into pecan mixture. Spread on baking sheet. Bake in preheated oven for one hour, stirring every 10 minutes. Store in an airtight container.

Spiced Pecans

1 egg white	1/2 tsp. salt
1 Tbsp. water	1 tsp. ground cloves
3 cups pecan halves	1 tsp. ground cinnamon
½ cup white sugar	½ tsp. ground nutmeg

Preheat oven to 350°F. Line a baking sheet with aluminum foil. In a small bowl, beat the egg white with the water. Stir in the pecans, mixing until well moistened. In a small bowl, mix together sugar, salt, cloves, cinnamon and nutmeg. Sprinkle over moistened nuts. Spread nuts on prepared pan. Bake in preheated oven for 30 minutes, stirring every five minutes. Be careful not to overcook and burn the nuts.

Spiced Pecan Pie Crust

1 cup flour
½ tsp. ground cinnamon
½ cup finely chopped pecans
¼ cup brown sugar
½ cup margarine, melted

Preheat oven to 350°F. In a medium bowl, mix together flour, pecans, sugar and cinnamon. Stir in margarine until well blended. Pat mixture into a lightly greased 9" pie pan. Bake 8 – 10 minutes.