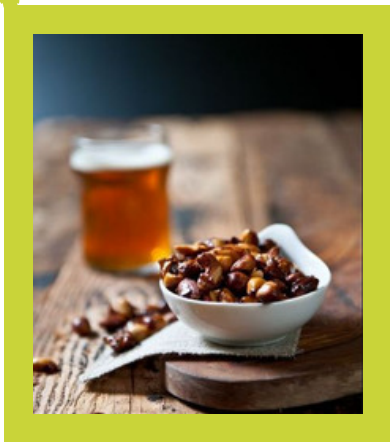
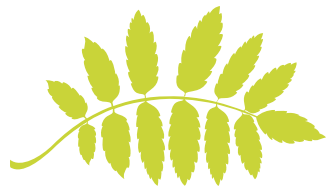


WINE OR BEER NUTS



Ingredients

1/3 cup white wine or beer, plus more for the cook
1/2 cup brown sugar
1 Tbsp. butter
1/2 to 3/4 tsp. Sriracha sauce, add more if desired
2 1/2 to 3 cups salted mixed nuts and peanuts
Cayenne pepper

Serves: 10

Directions

1. Reheat oven to 350F. Line baking sheet with parchment.
2. Put wine or beer and brown sugar in a saucepan over medium heat and stir until the sugar has dissolved. Bring to a boil and let it cook, without stirring or otherwise disturbing the contents of the pan for about 3 minutes.
3. Remove pan from heat and stir in butter and Sriracha until well combined.
4. Add the nuts and stir until they are coated.
5. Spread nuts on a prepared baking sheet (parchment) and bake for 5-6 minutes. Stir them and bake for another 6-8 minutes. Syrup mixture should be bubbling and sticky.
6. Sprinkle a little cayenne over them and let sit until cooled.

TIPS: When cooled they should be sticky to crisp. If they are too sticky they were probably not cooked long enough. You may have to break them apart before you put them in the bowl. To keep cost down, use 1/2 of the mixed nuts and peanuts.



THANK YOU FOR ATTENDING A VOLUNTEERING AT THE KITCHEN

Second Harvest is in one of the most agriculturally rich regions in the country. Bountiful crops of apples, wheat, potatoes, sweet corn, beans, lentils and much more, as well as dairies and ranches surround us. The generosity of local producers means we're able to share much of this food with our hungry neighbors.

Second Harvest distributes more than 2 million pounds of food each month for hungry families in the Inland Northwest. About 80 percent of this food is fresh produce or other perishable products.

But providing groceries isn't always enough when people don't know how to prepare and use the food they receive. Many times over the years, we've heard people we serve say they aren't sure how to cook things like fresh fruits and vegetables. Meanwhile, rates of obesity and diabetes are on the rise, especially for low-income families.

In The Kitchen, we're giving people the tools to take their health into their own hands. We're taking our mission to fight hunger a step further and investing in long-term health through nutrition education and hands-on cooking lessons.

The Kitchen empowers families to reduce or eliminate the foods that contribute to obesity and nutrition-related health conditions. Children and adults learn to make healthy yet economical food choices, helping them move out of poverty.

For more information visit www.secondharvestkitchen.org

