

Eat Happy Kitchen  
Anna Vocino

## **SALT AND VINEGAR NUTS**

*(Yields 4 cups of nuts)*

- 4 cups your preferred raw nut (cashew pictured here)
- 4 tablespoons olive oil
- 2-3 tablespoons apple cider vinegar
- 3 teaspoons salt, divided

*Using a stovetop nut roaster or saucepan:*

Heat the nuts in a stovetop nut roaster or saucepan to medium high heat, stirring for 1 minute every three minutes, making sure nuts do not burn. After 8-10 minutes, the nuts will be fragrant and roasted. Pour the olive oil into the snack maker and stir. Then pour the apple cider vinegar and stir. Then sprinkle in 2 teaspoons of the salt and stir. Let the nuts roast 1 more minute if needed, being careful not to burn them.

Pour the roasted nuts onto a paper towel lined baking tray. Season evenly with the remaining 1 teaspoon of salt. Let cool. Serve or store in an airtight container.

*Using the oven:*

Preheat the oven to 400 degrees. In a large mixing bowl, toss the nuts with the olive oil first, then the apple cider vinegar, then the salt. Lay the coated nuts evenly onto a foil-lined, parchment-paper-lined, or nonstick baking sheet. Roast for 5 minutes, stir the nuts, then roast them for 5-7 more minutes until they become fragrant, but not burned. Remove from the oven and let cool 5-10 minutes. Serve or store in an airtight container.

*\*Recipe and photo originally published for Substack Newsletter subscribers at [annavocino.substack.com](http://annavocino.substack.com).*