



BeFit

Be Fit. Eat Healthy. It's your choice.

Spicy, Sour, and Salty Peanuts

Adapted from *Bon Appétit*

- ½ small red onion, finely diced
- 2 serrano peppers, stemmed, cored, and finely diced
- 1 lime, zest and juice
- 1¼ cup Spanish peanuts (salted, skin-on, and roasted)
- ½ cup cilantro, chopped
- ¼ tsp smoked paprika

Instructions:

In a medium bowl, combine onion, pepper, lime zest and juice. Allow to rest about 10 minutes. Mix in peanuts, cilantro, and paprika. Refrigerate in an airtight container until ready to use.

Note: sub in regular roasted peanuts if Spanish are unavailable.

Yield: about 4 servings

Serving: 1/3 cup



NUTRITION INFORMATION PER SERVING:

CALORIES: 150 calories

PROTEIN: 7 g

SODIUM: 90 mg

CARBOHYDRATE: 7 g

FIBER: 2 g

FAT: 12 g

SAT FAT: 2 g