February is National Heart Health Month! While there are a lot of different things we can do to keep our hearts healthy such as exercising and reducing stress, nutrition also plays a key role in keeping our hearts pumping strong!

One important heart healthy nutrient, is fat! But not just any fat, unsaturated fats, like Omega 3 and 6’s! These heart healthy fats provide our bodies with many essential nutrients and can help to reduce your risk of cardiovascular disease.

Here are four easy, and delicious, ways to add more heart health fats into your diet:

**Fish:** Aim to eat 6-8oz of fish each week. Switch up your meals by adding fatty fish like tuna, salmon, and herring.

**Nuts:** Nuts are a great source of healthy fats, lean protein, and fiber. Three nutrients all important for heart health. Good sources include peanuts, walnuts, almonds, and pistachios.

**Avocado:** Not only do avocado’s have heart healthy fats, they are also a great source of potassium, another nutrient important for heart health!

**Oils:** Use cooking and dressing oils that are lower in saturated fats such as canola, olive, safflower, and avocado.
Sweet and Spicy Roasted Nuts

Yields: 5 1/2 cups

Ingredients:
2 cups whole almonds
2 cups pecan or walnut halves
1 1/2 cup pepitas
2 tbsp maple syrup
2 tbsp unsalted butter, melted
1 1/2 tsp salt
1 tsp vanilla extract
1/4 tsp cayenne pepper
Optional: 2 tbsp finely chopped rosemary

Directions:
1. Preheat the oven to 325 degrees. Line a large rimmed baking sheet with parchment paper so the maple syrup doesn’t get stuck to the pan (this is important). Pour the almonds, pecans and pepitas onto the pan and set it aside.
2. In a small bowl, combine the optional rosemary, maple syrup, melted butter, salt, vanilla, and cayenne. Gently whisk until blended.
3. Pour the mixture over the nuts. Stir well, until all of the nuts are lightly coated. Spread the mixture in a single layer across the pan.
4. Bake, stirring after the first 10 minutes and then every 5 minutes thereafter, until almost no maple syrup remains on the parchment paper and the nuts are deeply golden, 23 to 26 minutes. (The maple syrup coating will be a little sticky right out of the oven, but will harden as the pecans cool.)
5. Remove the pan from the oven and stir the nuts one more time, spreading them into an even layer across the pan. Let them cool down for about 10 minutes, then, while the nuts are still warm, carefully separate any large clumps (this may or may not be necessary).
6. Let the nut mixture cool completely on the pan. These will keep for up to 2 months in a sealed bag at room temperature.

Recipe link: https://cookieandkate.com/roasted-party-nuts-recipe/