



Spicy and Savory Pretzels

Makes 6 servings (2/3 cup)

- 4 cups (5 ounces) mini pretzels
- 2 teaspoons Trans fat free margarine melted (Smart Balance or Promise Buttery Spreads)
- 4 teaspoons low sodium soy sauce
- ¼ teaspoon cayenne pepper
- 1 teaspoon garlic powder
- ½ teaspoon dried parsley

Preheat oven to 350 degrees.

In large bowl, toss the pretzels with melted margarine. Spread on baking sheet. Bake for 4 minutes.

In a large bowl, combine soy sauce, cayenne pepper, parsley and garlic powder. Add pretzels and toss to coat well. Spread on baking sheet. Bake for 3 additional minutes. Remove pan from oven and cool. When cooled completely, store pretzels in a tightly-sealed container.

Nutrition information per serving (2/3 cup)

Calories: 100

Fat: 1.5g

Saturated fat: 1.5g

Carbohydrates: 19g

Fiber: less than 1g

Protein: 2g