

# True Oldies



Exclusive Radio Recipes

By Laura Kurella

## Quick 'n' Delicious Butter Toffee

- 1 cup chopped Almonds, toasted
- 1 cup cane sugar
- 1/4 cup water
- 1/2 cup butter, cut into pieces
- 1/2 cup semi-sweet dark chocolate chips

*NOTE: You can use any nut in this recipe and still have fabulous results so, don't be afraid to use your favorite nuts—or try blending in a few different kinds, like almonds and macadamia nuts.*



In a microwave-proof glass bowl, pour water, then add butter then sugar. Stir, then set microwave on highest setting and the timer according to wattage on microwave—8 minutes for a high watt oven and 18 minutes for a low watt one. Cook, without stopping or stirring, until mixture changes to a light caramel color. While you are waiting for the sugar mixture to caramelize, line a small cookie sheet with foil and spread nuts out evenly in a 10x3-inch rectangle in the center of the pan.

Check on cooking mixture, be sure to remove the moment it becomes caramel colored. If it does not reach a caramel color after cooking, cook an additional minute or two and check again - without stirring.

Remove bowl from microwave with pot holder—it will be very hot!- and pour mixture directly over the nuts on the pan then, using a rubber spatula, push any nuts not covered by the caramel into the caramel.

Quickly sprinkle chocolate chips over the top of the candy, allowing it to melt. Spread melted chocolate evenly over the top of the toffee. Sprinkle with extra, ground nuts, if desired. Allow toffee to cool completely then break into pieces and serve!

*Approximate servings per recipe: 24. Nutrition per serving: Calories 108; Fat 3g; Sodium 30mg; Carbohydrates 11g; Fiber 1g; Sugar 10g; Protein 1g.*