



Pumpkin Seeds

Servings - depends on size of pumpkin

Equipment Needed— Baking sheet,
boiling pot, baking sheet, strainer

INGREDIENTS

- Pumpkin seeds
- Olive oil
- Salt
- Your favorite seasoning
(paprika, cinnamon, cayenne pepper,
garlic powder, salt)

NUTRITIONAL INFORMATION

Possible Allergens: No known
allergens

Health Benefits: Good source of
anti-oxidants, vitamin A,C, E, and
fiber

INSTRUCTIONS

- Pre-heat oven to 325 degrees.
- Place seeds and attached pumpkin pulp into a bowl of water. Use your hands to separate. Remove seeds from water.
- Tenderize seeds by boiling the seeds in a pot of water (add 1 tsp salt). Boil on high for 10 minutes.
- Drain the seeds with strainer and pat dry with towel.
- Evenly spread dry seeds on baking sheet and lightly pour olive oil on top.
- Add your favorite spice and bake for approximately 5 minutes, then stir. Continue to check for crisp texture and add more time if needed.
- Remove, cool and enjoy.

RECIPE SOURCE

<http://www.whatscooking.fns.usda.gov/>