



roasted pumpkin seeds;

1. (roh-s'tehd puhmp-keen seedz) *noun*. Lightly toasted pumpkin seeds perfect for a variety of flavors.
2. Produces 4 Servings.
3. Preparation 20 mins.
4. Oven temperature set to 300.

Ingredients;

- 1½ c. pumpkin seeds
- 1 tsp. salt
- 1 Tbsp. olive oil
- any desired seasonings

Instructions;

1. Extract pumpkin seeds from pumpkin innards, wash and set aside on a baking tray to dry. Can leave out overnight, or pat dry.
2. In a small bowl, add pumpkin seeds and toss with olive oil and salt.
3. Add additional seasonings as desired and toss until evenly coated.
4. Spread seeds in an even single layer across a parchment paper-lined baking sheet, and bake 10-15 minutes or until toasted. Check frequently to avoid burning.

Serving Suggestions;

1. Ranch (½ tsp. parsley, 1 tsp. garlic powder, 1 tsp. onion powder, 1 tsp. dill, ¼ tsp. dry mustard, ¼ tsp. black pepper)
2. Spicy (½ tsp. chili powder, ½ tsp. pepper, dash of cayenne)
3. Pizza (¼ c. parmesan, 1 tsp. oregano, ½ tsp. basil, ½ tsp. garlic powder)