

Roasted Pumpkin Seeds

Prep Time: 30-45 minutes

Makes 6, 1/4 cup servings

Ingredients:

1 1/2 cups raw, uncooked pumpkin seeds
2 teaspoon canola or vegetable oil
1/4 teaspoon salt

Optional flavors:

(see reverse for details)

Seeds are packed with protein, healthy fats, and are a good source of iron!

Directions:

1. Preheat oven to 300 degrees.
2. Cut the squash according to how you are going to use it. Scoop the seeds from the cavity and place in a colander. Pinch away all the large chunks of squash flesh and strings. Place the colander under cool running water and remove any additional squash flesh. Dump onto paper towel and pat to dry.
3. Place the seeds on a baking tray and drizzle with a small amount of oil (1 teaspoon per 3/4 cup of seeds). Add a pinch of salt.
4. Toss the seeds until they are evenly coated. Spread into even layer. Bake 20-25 minutes, just until seeds start to brown.
5. Remove from oven and let cool on tray.
6. Enjoy as a crunchy, toasty snack, or sprinkle on top of a salad.



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Try a variety of flavors! Halfway through baking, remove seeds from oven and stir in...

Sweet: 1 teaspoon brown sugar, 1/4 teaspoon cinnamon

Sweet-Hot: 1 teaspoon honey and 1/4 teaspoon chili or red pepper flakes

Savory: 1/2 teaspoon dried herbs or spices—rosemary, oregano, paprika, chili powder, garlic powder, or cumin.

Squash seeds are also delicious!

Use the seeds from winter squash, such as acorn or butternut squash, to replace pumpkin seeds in this recipe!

Easy clean up!

Roast the seeds on a parchment paper lined baking sheet.

Serving Size: 1/4 cup

Nutrition Facts:

Calories: 193

Fat: 17 g

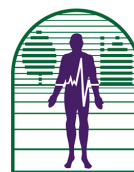
Saturated Fat: 3 g

Sodium: 202 mg

Total Carbohydrates: 2 g

Fiber: 2 g

Protein: 11 g



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Reference: How to Roast Pumpkin and Squash Seeds. Cooking Lessons from The Kitchn. Web. Assessed 9/15. <http://www.thekitchn.com/>

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www.cghealth.com or call 641-421-9300