



Savory Roasted Pumpkin Seeds

8 servings
50 minutes

Ingredients

- 1 cup Raw Pumpkin Seeds (can sub butternut squash, acorn squash, or spaghetti squash seeds)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Chili Powder
- 1/2 tsp Cilantro (dried)
- 1/4 tsp Salt
- 1/4 tsp Cumin
- 1/8 tsp Cinnamon

Nutrition

Amount per serving	
Calories	91
Fat	8g
Saturated	1g
Trans	0g
Carbs	3g
Fiber	2g
Sugar	0g
Protein	4g
Cholesterol	0mg
Sodium	80mg
Vitamin A	52IU
Vitamin C	0mg
Calcium	12mg
Iron	2mg

Directions

- 1 Heat oven to 300 degrees Fahrenheit. Prepare baking dish by spraying with cooking spray.
- 2 Rinse seeds thoroughly to remove slimy squash innards. Toss seeds with all remaining ingredients, then spread evenly in baking dish, no more than one seed deep.
- 3 Bake uncovered, stirring every 15 minutes for 40-50 minutes until seeds are dry but not yet browned. Store in airtight container for up to a month.

Notes

Total time: 60 min, Prep time: 5-10 min // Cook time: 40-50 min

Serving Size, 2 Tbsp.

Pro Tip, Rather than throwing away seeds from squash when cooking for other recipes, save them to make this easy, healthy, savory treat!

Cooking Equipment, Baking dish // Airtight container