

ROASTED PUMPKIN SEEDS

Don't toss out the seeds after your pumpkin carving! These make a great snack, they're a delicious addition to salads, and perfect sprinkled on top of soups and other dishes too.

INGREDIENTS

- 1-1/2 cups pumpkin seeds
- 2 teaspoons olive oil
- 1 teaspoon salt
- 1 teaspoon garlic powder
- dash of cayenne pepper (add more to kick up the heat!)

DIRECTIONS

- Preheat oven to 300 degrees.
- Clean and dry pumpkin seeds and place in a mixing bowl.
- Add olive oil, salt, garlic powder, and cayenne. Mix until well coated.
- Transfer to a parchment-lined baking sheet and spread into a single layer.
- Bake for 45 minutes or until golden brown, stirring occasionally.
- Remove from oven and let cool for a few minutes.
- Enjoy immediately or store for use later.

You can also experiment with different seasonings and herbs to make all kinds of flavored pumpkin seeds!



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