

Roasted Pumpkin Seeds

Recipe adapted from www.tasteofhome.com
Makes 2 cups

Ingredients

- 2 cups fresh pumpkin seeds, or other squash seeds
- 3 tablespoons butter, melted or an equal amount of your favorite cooking oil
- 1 teaspoon salt or other favorite seeds

Directions:

- Preheat oven to 250 degrees. Toss seeds with remaining ingredients and spread evenly on baking sheet.
- Bake 45 minutes, stirring occasionally.
- Increase temperature to 325 degrees and bake until dry and lightly browned, about 5 minutes.
- Serve warm or at room temperature.

Nutrition per Serving (1/4 cup): 110 calories; 7 g total fat; 9 g carbohydrates; 3 g protein; 285 mg sodium; 3 g fiber

