

Spicy Pumpkin Seeds

INGREDIENTS:

2 cups pumpkin seeds, cleaned
1 tsp olive oil
1 tsp celery salt
1 tsp ground cumin

DIRECTIONS:

Heat oven to 300 degrees F. Remove seeds from pumpkin. Discard pulp. Spread seeds evenly on a baking sheet pan and baked until dried. About 1 hour. Over medium heat, toss the seeds in olive oil, celery salt and cumin in a large skillet. Cook while stirring constantly, until seeds are lightly toasted.

Makes 12 servings. Serving size is 1 ½ tablespoons.
Calories: 129 /serving

NUTRITIONAL INFORMATION PER SERVING:

6 g protein
4 g carbohydrates
11 g fat
87 mg sodium
0mg cholesterol
1g fiber

Estimated Food Group Serving Equivalents: 1 lean meat, 2 fats

A Few Serving Tips:

- Sprinkle on your serving of vegetables
- Toss a few seeds onto your garden salad