

Roasted Pumpkin Seeds

Ingredients

- 2 cups pumpkin seeds
- 1 Tbsp butter, melted
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg
- $\frac{1}{4}$ tsp salt

Directions

1. Preheat oven to 350°F.
2. In a large bowl, add pumpkin seeds, melted butter, cinnamon, nutmeg and salt. Stir to coat.
3. Spread seasoned pumpkin seeds on a baking sheet.
4. Roast for 30 minutes or until golden brown.

Handling & Storage

Store pumpkins at room temperature up to a month or in a refrigerator up to 3 months. Wrap cut pumpkin in plastic and refrigerate up to 5 days.

To prepare pumpkins, wash pumpkin and cut lengthwise. Remove and discard the seeds and excess fiber. Trim skin with a paring knife or peeler if desired. Cook as desired.

Nutritional Information

Calories: 402

Total Fat: 34.6 g

Saturated Fat: 7.9 g

Trans Fat: 0.0 g

Cholesterol: 8 mg

Sodium: 180 mg

Total Carbohydrates: 12.9 g

Dietary Fiber: 3.1 g

Sugars: 0.8 g

Protein: 17 g

Serves 4