



for Thanksgiving

Roasted Pumpkin Seeds

Appetizer

Source: Bonnie Remlinger of Remlinger Farms

Ingredients:

1 pumpkin
Salt

Process:

1. Carve the pumpkin and remove the seeds.
2. Rinse the seeds and blot dry with a paper towel.
3. Spread the seeds evenly on an ungreased baking sheet.
4. Bake seeds at 375 degrees Fahrenheit until they are crisp and slightly browned, about 12 minutes.
5. Salt to taste.

Variations:

- A. Sprinkle the seeds with garlic salt or onion salt.
- B. Combine 1 teaspoon chili powder, ¼ teaspoon cumin, ¼ teaspoon salt, and a dash of cayenne pepper. Sprinkle the mix over the seeds.