



## ROASTED PUMPKIN SEEDS

Immediately after carving the pumpkin, rinse the seeds thoroughly and blot dry with paper toweling. Spread evenly on an ungreased cookie sheet and bake in 375 degree oven for approximately 12 minutes or until they are crisp and slightly browned. Salt to taste.

VARIATION: Sprinkle with garlic salt or onion salt.

MEXICAN: Combine 1 tsp. chili powder,  $\frac{1}{4}$  tsp. cumin,  $\frac{1}{4}$  tsp. salt and dash of cayenne pepper.

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FARM FRESH RECIPIES from our PUGET SOUND FRESH FARMS and CHEFS

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This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.