



Roasted Pumpkin Seeds

MyPlate2Yours - Lynn Dugan

Ingredients

1 Large pumpkin, seeds removed
Kosher salt

Directions

Preheat oven to 350°F. Coat a baking sheet with cooking spray. Set aside.

Rinse pumpkin seeds well and dry on paper towels. Place the seeds on the prepared baking sheet in a single layer. Season lightly with Kosher salt. Place in the oven and bake for 15 minutes. Check the seeds and cook an additional 3-5 minutes, if needed. Eat them as a snack or as a ingredient in trail mix or salad or as a topping for yogurt. Enjoy!