

TOASTED PUMPKIN SEEDS

Yield: 1 cup (2 Tbsp. per serving)



TOTAL TIME: 15 minutes

INGREDIENTS

- 1 cup raw pumpkin seeds (Bulk Foods)
- 1 tsp. Wegmans Curry Salt Seasoning Shak'r
- 1 Tbsp. Pure Olive Oil

PREPARATION

Preheat oven to 400 degrees.

1. Toss pumpkin seeds, curry salt and olive oil together in a bowl.
2. Spread in an even single layer on sheet pan. Roast 7–9 min., until toasted; watch carefully so as not to burn. Remove from pan; let cool.

NUTRITION

Per serving: Calories: 50; Fat: 4 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 4 g; Fiber 1 g; Protein: 1 g; Sodium: 135 mg.

Recipe courtesy of Wegmans