

Chipotle Roasted Pumpkin Seeds

Makes: 4 servings



Total Time: 15 minutes

Ingredients:

1 cup raw pumpkin seeds (pepitas)

1 Tbsp. D'Avolios Chipotle Infused Olive Oil

Salt to taste

PREPARATION

1. Preheat oven to 400 degrees.
2. Combine pumpkin seeds and D'Avolio Chipotle Infused Olive Oil in a medium bowl, tossing to coat seeds evenly.
3. Spread seeds in an even single layer on a sheet pan; sprinkle with salt, if desired. Bake in hot oven for 7-9 minutes or until toasted. Remove seeds from the hot pan immediately to cool.

Nutrition: 50 calories; 4g fat (1g saturated); 4g carbohydrates; 1g protein; g fiber; 135mg sodium

