

Roasted Pumpkin Seeds



Ingredients:

- 1 pumpkin
- 1 tablespoon olive oil

Directions:

1. Preheat oven to 300 F.
2. Toss seeds in a bowl with olive oil to mix evenly.
3. Spread seeds in a single layer on a baking sheet and bake 45 mins or until golden brown.

Makes 3-4 Servings



Tarrant County Public Health
<http://health.tarrantcounty.com>