Louisiana HARVEST of the MONTH

Roasted Squash Seeds

Home Recipe

Serves: 4
Prep Time: 5 minutes
Cook Time: 20 Minutes

Ingredients

- ½ cup of washed and dried squash seeds (Acorn, small Pumpkin, Butternut, Delicata, or Spaghetti Squash)
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ½ teaspoon of spice mixture of your choice like curry powder, pumpkin pie spice, Cajun spices

Cooking Instructions

1) Preheat the oven to 350 degrees. I like to use a toaster oven for this recipe.
2) Toss the seeds in a small bowl with the oil and seasonings.
3) Spread them out in a single layer on a dry baking sheet.
4) Bake for 15-20 minutes, until they turn golden. They might even pop. Stir them around a couple of times during the cooking to ensure even cooking.
5) Allow them to cool before serving.

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