

FUN FOOD FRIDAY: SPICED PUMPKIN SEEDS



End the week by learning new culinary skills and exploring new flavors in the kitchen with our Fun Food Friday recipes. This week's recipe is Spiced Pumpkin Seeds.

Ingredients:

- 2 cups raw pumpkin seeds
- 1/2 Tablespoon canola oil
- 2 teaspoons curry powder
- Pinch of salt

Directions:

- Preheat oven to 350°F.
- In a bowl, mix the pumpkin seeds, canola oil, curry powder, and salt.
- Lay the seeds on a cookie sheet with lined parchment paper.
- Roast seeds for about 20 minutes, until toasted and fragrant.
- Remove from the oven and let cool slightly before serving.

