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Easy Toasted Pumpkin Seeds

Give your toasted pumpkin seeds a kick this Halloween with this healthy spice mix. Pumpkin seeds are an excellent source of magnesium and also supply some protein and fiber. Add some walnuts because both nuts and seeds are rich in phytosterols, natural plant compounds that may help lower blood cholesterol levels.

Garlicky Pumpkin Seed Snack Mix

Canola oil spray

1 cup pumpkin seeds (scooped whole from the pumpkin then washed and dried and pre-toasted for 30 minutes in a 300-degree oven; or hulled, prepackaged from the grocery store)

1 tsp. garlic powder

1/2 tsp. cumin

2 tsp. Worcestershire sauce

1 tsp. water

1 cup chopped walnuts

Preheat oven to 375 degrees. Lightly coat baking sheet with canola oil spray. Either pre-toast whole seeds from pumpkin (as noted above), or spread hulled seeds on pan in one layer and toast in oven for 10 minutes.

Meanwhile, in medium bowl, combine garlic powder and cumin. Thoroughly whisk in Worcestershire sauce and water. Remove toasted seeds from oven. When cool, add to bowl with sauce along with walnuts. Toss to coat evenly.

Spread seeds and nuts on baking sheet in one layer. Bake about 10 minutes, until crisp. Remove from oven, let cool and gently loosen from pan with end of metal spatula. Store in a tightly covered container.

Makes 12 servings (2-3 tablespoons each).

Per serving: 140 calories, 12 g total fat (2 g saturated fat), 4 g carbohydrates, 8 g protein, 2 g dietary fiber, 120 mg sodium.

