

MORTON & BASSETT SPICES®

Spicy Roasted Pumpkin Seeds



- Seeds from one large pumpkin, about 1 cup
- 1 teaspoon olive oil
- 2 teaspoons Morton & Bassett Chipotle Chili Powder
- ½ teaspoon Morton & Bassett Ground Cumin
- Salt to taste

Preheat oven to 350F. Cut open pumpkin and harvest seeds, removing as much of the pumpkin pulp as possible.

In a bowl, mix the pumpkin seeds with the olive oil, chipotle chili powder, cumin, and salt. Coat seeds well.

Spread the seeds in a single layer on a lined baking sheet and roast for 30 minutes, stirring occasionally until golden brown.



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