

1. Pepitas, makes about 2 cups

Pepitas or “little seeds of squash” come from only select varieties of pumpkins. And make a delicious.

INGREDIENTS

2 cups pepita seeds
1 tbsp olive oil
2 tbsp maple syrup
1½ tsp chili powder
½ tsp cumin
½ tsp salt

DIRECTIONS

1. Preheat oven to 300°F
2. Combine all ingredients and place on baking sheet in a single layer.
3. Bake for 20 to 25 minutes. Stir half way through baking. Be sure to watch them as they bake and if they look crunchy and crispy, take them out.

Preparation of seeds from squash prior to roasting:

1. Split squash, remove seeds and clean.
2. Lay out seeds in a single layer and dry in oven at 180°F for 30+ minutes.
3. Stir two or three times during drying, every 10 minutes. Seeds are dry when they do not stick.

Shared by Shari Sirkin and Bryan Dickerson of Dancing Roots Farm, Troutdale, Oregon