

Spiced Pumpkin Seeds (Gluten Free)

Prep time: 10 minutes

Cook time: 1 hour

Serving Size: 8 Servings



Ingredients:

- 1 ½ Tablespoons margarine, melted
- ½ teaspoon salt
- 1/8 teaspoon garlic salt
- 2 teaspoons Worcestershire sauce
- 2 cups raw whole pumpkin seeds

Directions:

1. Preheat oven to 275 degrees F.
2. Combine the margarine, salt, garlic salt, Worcestershire sauce and pumpkin seeds. Mix thoroughly and place in shallow baking dish.
3. Bake for 1 hour, stirring occasionally.

****Tip:** Pumpkin seeds are rich in the amino acid tryptophan, which is important in the production of serotonin, one of the major components of our mood. A handful of roasted pumpkin seeds may help you feel happier!

Nutrition Information (Per serving):

Calories: 91

Total Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 179 mg

Total Carbohydrates: 9 g

Protein: 3 g

Recipe adapted from allrecipes.com; Modified by Haley Deike

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