

HAPPY TO:
FROM:
HOLIDAYS to YOU!

SPICED PEPITAS

1 cup green (hulled) pumpkin seeds (not toasted), aka pepitas	1/2 teaspoon salt
1 teaspoon canola oil	1/4 teaspoon sugar
Grated zest of one orange	1/4 teaspoon cayenne
	1/8 teaspoon ground cinnamon

Toast pumpkin seeds in oil in a 10- to 12-inch heavy skillet over moderately low heat, stirring constantly, until puffed and golden, about 8 to 10 minutes. Combine orange zest, salt, sugar, cayenne and cinnamon. Toss toasted seeds with the spice mixture until evenly coated. These are fantastic as a snack on their own, as a topping to salads (in place of nuts) or soups, or as an addition to trail mix. Enjoy!

Find this recipe and others like it at kp.org/foodforhealth

FOOD *for*
HEALTH

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