

CAJUN-SPICED ROASTED PUMPKIN SEEDS

Ingredients:

1 cup of pumpkin seeds
1 teaspoon Cajun seasoning and salt

Per Serving:

Calories: 75
Fat: 6g
Omega-3: 23mg
Cholesterol: 0mg
Sodium: 39mg
Carbohydrates: 2g
Fiber: 1g
Sugar: 1g
Protein: 5g
Vitamin A: 2%
Vitamin C: 1%
Calcium: 1%
Iron: 12%
Magnesium: 19%
Zinc: 7%

Nutrition Notes:

Serve these savory seeds with a splash of lime juice to bring an entirely new level of flavor to the table while also aiding iron absorption.

Preparation:

Preheat oven to 350° and rinse 1 cup of pumpkin seeds fresh from a pumpkin. Blot dry and spread seeds on a foil-lined and oiled baking sheet. Sprinkle with 1 teaspoon Cajun seasoning and add salt to taste (optional). Toss to coat and spread out evenly. Bake for 10 minutes. Cool and serve as a snack or as a crunchy topping for soups, salads, or oatmeal.

