



## Roasted Pumpkin Seeds with Curry, Cinnamon, Salt and Pepper

Seeds from pumpkin, cleaned

Per 2 cups seeds:

1 egg white

3 teaspoons curry powder

½ teaspoon cinnamon

Freshly ground black pepper

### Directions

Preheat oven to 400° F. Boil seeds in 4 cups water and 2 tablespoons of salt for 10 minutes. Drain in a colander and spread them out a bit to cool.

When ready, toss the seeds with the egg white and spices. Spread them out in a single layer on a baking sheet, making sure the seeds are spaced out far enough so that they are not crowded together.

Bake seeds for 10-20 minutes, or until seeds are crunchy and slightly browned.



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please visit *Your Healthy Kitchen*  
via [www.yrmchealthconnect.org](http://www.yrmchealthconnect.org)**

### NUTRITION INFORMATION

#### PER ¼ CUP SEEDS:

Calories	70
Total Fat	3 g
Saturated Fat	1 g
Carbohydrate	9 g
Fiber	3 g
Sodium	250 mg
Protein	3 g
Potassium	148 mg

Cost per ¼ cup serving: \$ .25