

Roasted Pumpkin Seeds

When carving your jack-o-lantern, don't throw out the seeds. Bake them up for a crunchy snack.

PREPARATION:

Simply clean all the pumpkin goo off the seeds, toss them with oil, garlic or onion powder, paprika, sugar, salt and pepper, place in a pan and bake at 375 degrees for about 30 minutes or until browned and crunchy.

Let seeds cool before eating. Ghoulisly good.