



Roasted Winter Squash Seeds

"Pumpkins aren't the only squash that yield tasty seeds for roasting! Next time you prepare butternut or acorn squash save the seeds and have yourself a nutritious little snack."

Prep Time 10 m

Cook Time 15 m

Ready In 25 m

Servings 4

Calories per serving 216

Ingredients

- 1 cup winter squash seeds
- 1 tablespoon olive oil
- 1/2 teaspoon salt, or to taste

Directions

1. Preheat the oven to 275 degrees F (135 degrees C). Line a baking sheet with parchment paper or aluminum foil.
2. After removing the seeds from the squash, rinse with water, and remove any strings and bits of squash. Pat dry, and place in a small bowl. Stir the olive oil and salt into the seeds until evenly coated. Spread out in an even layer on the prepared baking sheet.
3. Bake for 15 minutes, or until seeds start to pop. Remove from oven and cool on the baking sheet before serving.

Footnotes

Tip: Parchment can be used for easier cleanup/removal from the pan.

Nutrition Facts

Per Serving: 216 calories; 19.2 g fat; 6.1 g carbohydrates; 8.5 g protein; 0 mg cholesterol; 297 mg sodium.