



## Roasted Pumpkin Seeds

Your kids may not realize it but these tasty toasted treats are one of the healthiest snacks around. In fact, pumpkin seeds are loaded with minerals, such as zinc, iron, and magnesium, as well as protein, fiber, and heart-healthy fatty acids.

To make a batch, scoop the seeds out of your pumpkin and rinse them well, if you like (some seed eaters prefer leaving the goo on). Blot the seeds dry with a paper towel, then toss them with a tablespoon of vegetable oil for each cup of seeds, and salt to taste, use an electric skillet or oven set at 350 degrees and cook for about 10 to 15 minutes or until golden brown. Let the seeds cool before serving.