

SUBMITTED BY: Carolyn

"These pumpkin seeds make a great tasting and healthy snack"



Original recipe yield:

SERVINGS

Original recipe yield: 2 cups

PREP TIME 10Min

COOK TIME 60 minutes

READY IN 70 minutes

PHOTO BY: B.J.

INGREDIENTS

- 1 1/2 tablespoons margarine, melted
- 1/2 teaspoon salt
- 1/8 teaspoon garlic salt
- 2 teaspoons Worcestershire sauce
- 2 cups raw whole pumpkin seeds

DIRECTIONS

1. Preheat oven to 275 degrees F (135 degrees C).
2. Combine the margarine, salt, garlic salt, Worcestershire sauce and pumpkin seeds. Mix thoroughly and place in shallow baking dish.
3. Bake for 1 hour, stirring occasionally