## Roasted Pumpkin Seeds

**Old Saybrook Schools - 2018**

**Grades:** K-12  
**Yield:** 25-50 servings

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>25 SERVINGS</th>
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<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumpkin seeds, washed</td>
<td>1 lb, 9 oz.</td>
<td>3 lb, 2 oz.</td>
<td>1. Sanitize work area with bleach &amp; water solution.</td>
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<tr>
<td>Low sodium taco seasoning or ranch dressing mix</td>
<td>3 ⅛ cups</td>
<td>6 ¼ cups</td>
<td>2. Wash hands.</td>
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<td>½ tsp</td>
<td>1 tsp</td>
<td>3. Put on food service gloves.</td>
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<td>4. Let cool completely.</td>
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**Cooking Methods:**
1. Wash pumpkin seeds.
2. Spread on cookie sheet and bake in 375°F oven until dry, approximately 20 minutes.
3. Toss with taco seasoning or ranch dressing mix.
4. Let cool completely.

**Serving Size:** 2 oz. soufflé cup  
**Meal Pattern Contribution:** 1 oz meat/meat alternate  
**Notes:** You can use whatever seasonings you’d like! Go sweet or savory.

**HACCP / Serving Instructions:**
1. Serve in 2 oz soufflé cup.

*Recipe and Meal Contribution Review completed by Put Local on Your Tray.  
SFA must check the crediting information for accuracy prior to including the item in reimbursable meals.*

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