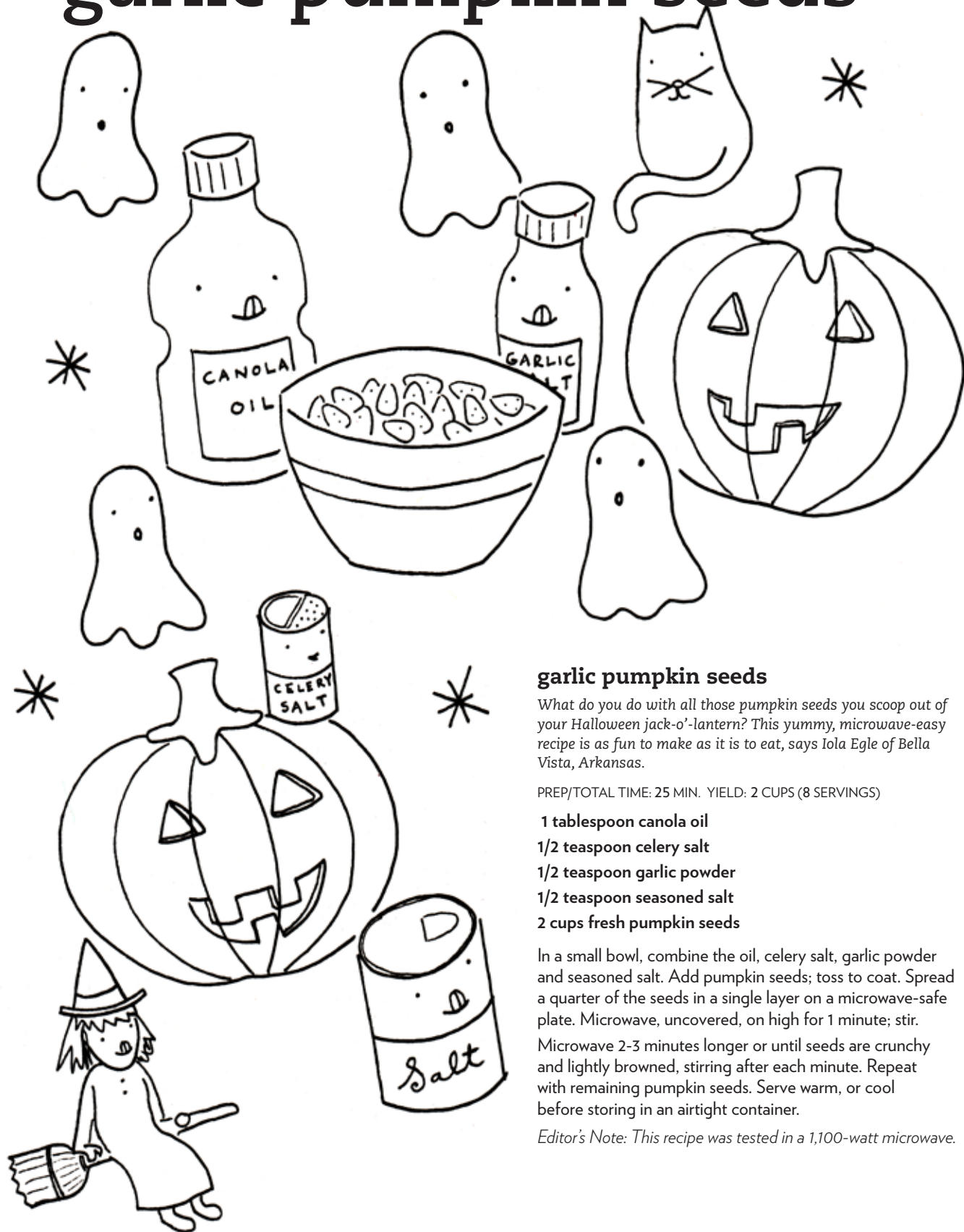


# garlic pumpkin seeds



## garlic pumpkin seeds

What do you do with all those pumpkin seeds you scoop out of your Halloween jack-o'-lantern? This yummy, microwave-easy recipe is as fun to make as it is to eat, says Iola Egle of Bella Vista, Arkansas.

PREP/TOTAL TIME: 25 MIN. YIELD: 2 CUPS (8 SERVINGS)

- 1 tablespoon canola oil
- 1/2 teaspoon celery salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon seasoned salt
- 2 cups fresh pumpkin seeds

In a small bowl, combine the oil, celery salt, garlic powder and seasoned salt. Add pumpkin seeds; toss to coat. Spread a quarter of the seeds in a single layer on a microwave-safe plate. Microwave, uncovered, on high for 1 minute; stir.

Microwave 2-3 minutes longer or until seeds are crunchy and lightly browned, stirring after each minute. Repeat with remaining pumpkin seeds. Serve warm, or cool before storing in an airtight container.

*Editor's Note: This recipe was tested in a 1,100-watt microwave.*

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