

Recipe for

HOMEMADE ROASTED SEEDS

EQUIPMENT NEEDED baking sheet, strainer, clean towel

SERVES 2 ESTIMATED COST \$1.00 COST PER SERVING \$0.50

INGREDIENTS

- Seeds removed from squash (butternut, spaghetti, acorn, etc.)
- 1/4 tbsp olive oil
- sea salt, pinch
- ground black pepper, to taste
- 1/4 tsp paprika
- other favorite seasonings

METHOD OF PREPARATION

1. Pre-heat the oven to 300 °F. Line a baking sheet with parchment paper.
2. Rinse and wash the seeds in a strainer under running cool water, removing any bits of squash.
3. Once clean, dry seeds in a clean towel.
4. Place seeds on the baking sheet and drizzle with olive oil. Sprinkle salt, pepper, and paprika on seeds and toss to coat. Spread seeds evenly on the pan. Roast for 15-20 minutes.
5. Remove from the oven and let cool.
6. Use as a topping on salads or soups or eat as a snack. Enjoy!

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NUTRITION INFORMATION

Homemade Roasted Seeds		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	195.2 kcal	10 %
Total Fat	17.5 g	27 %
Saturated Fat	3 g	15 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	2.3 mg	0 %
Total Carbohydrate	3.5 g	1 %
Dietary Fiber	1.9 g	8 %
Sugars	0.5 g	
Protein	9.7 g	19 %
Vitamin A	0 % • Vitamin C	1 %
Calcium	1 % • Iron	16 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Seeds- high in magnesium which can help regulate blood sugar and lower the risk of developing diabetes. The magnesium can also help regulate blood pressure and lower the risk of heart disease.



HEALTH BENEFITS

Olive Oil - rich in monounsaturated fats, especially oleic acid. This fat has been linked to reducing inflammation and the risk of cancer. Studies have shown the risk of a stroke is lowered in those who consume olive oil.

References:

1. Recipe provided by Reanetta Perkins

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