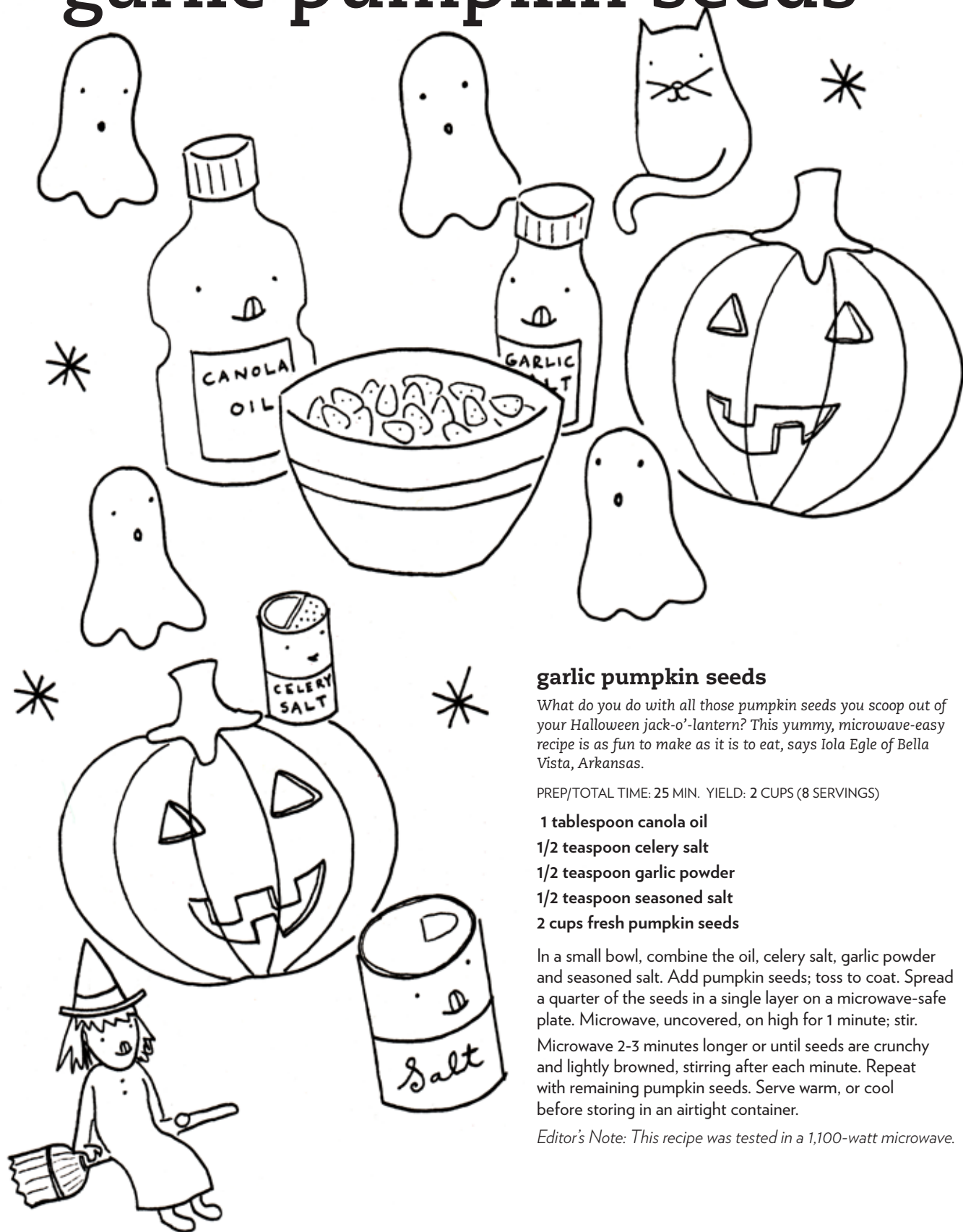


garlic pumpkin seeds



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.

tasteofhome

Watch for new coloring book pages to add to your Kids in the Kitchen cookbook each month on tasteofhome.com/kids.