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**Prevent and Protect**  
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## **SWEET AND SPICY PUMPKIN SEEDS**

**Cooking Light - December 2011**

- 1 cup unsalted pumpkinseed kernels**
- 1 tablespoon canola oil**
- 1 teaspoon sugar**
- ½ teaspoon ground cumin**
- ½ teaspoon chipotle chile powder**
- ¼ teaspoon kosher salt**
- ¼ teaspoon ground cinnamon**
- Dash of salt and pepper**
- 1/8 teaspoon ground red pepper (if you want an extra kick)**

**Place 1 cup pumpkin seeds in a large skillet over medium heat. Cook for 4 minutes or until toasted, stirring constantly (seeds will pop slightly).**

**Combine canola oil and remaining ingredients in a large bowl; add seeds, toasting to coat.**

**Arrange seeds in a single layer on a paper towel-lined baking sheet. Cool 10 minutes.**