



Toasted Savory Pepitas Sprinkles

By Dylan Sabuco

Prep Time 2 / Cook Time 5 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

Equipment

- Mixing bowl
- Dry measuring cup
- Measuring spoons
- Small saucepan
- Wooden spoon

Ingredients

Toasted Savory Pepitas Sprinkles

- 1/2 C pumpkin seeds (pepitas)
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp coriander powder
- 2 T vegetable oil
- 1 pinch salt
- 1 pinch black pepper

Food Allergen Substitutions

Toasted Savory Pepitas Sprinkles

Instructions

Toasted Savory Pepitas Sprinkles

measure + toast

In a mixing bowl, combine **1/2 cup pumpkin seeds, 1 teaspoon paprika, 1 teaspoon garlic powder, 1 teaspoon coriander powder, 2 tablespoons vegetable oil, 1 pinch of salt,** and **1 pinch of black pepper**. Stir to combine before pouring the mixture in a small saucepan over low heat for 5 to 7 minutes. Remove from the pan and place in a bowl. These seeds make a great snack for a hike or the perfect topping for Nearly Norwegian Gresskarsuppe Pumpkin Soup (see recipe)!