

Healthy Food for a Wealthy Mood



Roasted Pumpkin Seeds

2 cups pumpkin seeds, cleaned and rinsed
1 1/2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon garlic salt
1/8 teaspoon garlic powder
2 teaspoons Worcestershire Sauce
1/8 teaspoon cracked black pepper (about 20 grinds from the pepper mill)

Preheat oven to 275 degrees.

Separate the seeds from the pulp of the pumpkin. Don't worry about getting all of the pumpkin strands off, it adds extra flavor to the roasted seeds. You just want the seeds clean enough so you can easily toss them. Once rinsed, lightly dry and set aside.

In a large mixing bowl, add the olive oil, Worcestershire Sauce, salt, pepper, garlic salt, and garlic powder and whisk until well blended. Add the pumpkin seeds and toss, thoroughly coating in the mixture. Spread pumpkin seeds in a single layer onto a Silpat or parchment paper lined baking sheet. Bake for 1 hour, checking them often and tossing occasionally, until topping has dried and the seeds are golden brown.

Remove from oven. Let them cool and dry out on the cookie sheet on top of the stove. Store in an airtight container.

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