

Roasted Pumpkin Seeds

Ingredients

2 c Pumpkin Seeds
2 T Butter (melted)
4 t Worcestershire Sauce
1 t Sugar
1/2 t Salt
1 t Garlic Powder
1/4 t Cayenne Pepper
1/4 t Dried Thyme

Instructions

1. In a bowl, toss pumpkin seeds with butter and Worcestershire sauce.
2. Combine the sugar, salt, garlic powder and cayenne; sprinkle over seeds and toss to coat.
3. Line a 15-in. x 10-in. x 1-in. baking pan with foil; coat foil with cooking spray. Spread seeds in pan.
4. Bake at 250° for 45-60 minutes or until seeds are dry and lightly browned, stirring every 15 minutes. Take seeds out of the oven and cool completely. Store in an airtight container.