



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)!

Featured Ingredient: Pumpkin Seeds (Pepitas)!

Hi! I'm Pumpkin Seed!

"You can also call me 'Pepita'! I'm the edible seed of a pumpkin and a fun and delicious snack!"

Seeds from pumpkins were found in the highlands of Oaxaca, Mexico, dating back to 7000 to 5500 BCE, about 9,000 years ago!

Native Americans ate pumpkin seeds and used them as medicine.

European explorers and traders brought pumpkins back to Europe with them, and Portuguese traders brought them to China in the 16th century.

China produces the most pumpkins and pumpkin seeds in the world, followed by India. Illinois produces the most in the United States.

When a pumpkin is cut open, its pulp or flesh, fibrous strands, and seeds are revealed. This tangle of pumpkin insides is sometimes affectionately referred to as pumpkin guts or brains, and it is all edible. Even the stringy part can be roasted or puréed and will taste slightly different from the flesh.

Pumpkin seeds and pepitas are pretty much the same, except pumpkin seeds have a white shell (husk or hull) and pepitas come from pumpkin cultivars grown for their huskless seeds.

"Pumpkin seed" refers to both the whole seed with the shell and the green kernels inside the shell.

Once the seeds are removed from the pumpkin, they are rinsed, dried or roasted, and may be salted.

Raw or roasted pumpkin seeds or pepitas can be eaten as a snack. They can also be added to bread and other baked goods, granola, salads, smoothies, soups, and trail mix.

Pumpkin seeds are a rich source of magnesium and unsaturated omega-3 and omega-6 fatty acids. These healthy fats and magnesium help reduce the risk of heart disease and high blood pressure.

The seeds are also a good source of high-quality plant protein, phosphorus, potassium, manganese, iron, zinc, and vitamin K. They have anti-cancer and anti-inflammatory effects.