

ROASTED PUMPKIN SEEDS

Old Saybrook Schools - 2018

Grades: K-12

Yield: 25-50 servings

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Pumpkin seeds, washed	1 lb, 9 oz.	3 ⅓ cups	3 lb, 2 oz.	6 ¼ cups	<ol style="list-style-type: none"> Sanitize work area with bleach & water solution. Wash hands. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> Wash pumpkin seeds. Spread on cookie sheet and bake in 375°F oven until dry, approximately 20 minutes. Toss with taco seasoning or ranch dressing mix. Let cool completely.
Low sodium taco seasoning or ranch dressing mix		½ tsp		1 tsp	
<p>Serving Size: 2 oz. soufflé cup</p> <p>Meal Pattern Contribution: 1 oz meat/meat alternate</p> <p>Notes: You can use whatever seasonings you'd like! Go sweet or savory.</p>					<p>HACCP / Serving Instructions:</p> <ol style="list-style-type: none"> Serve in 2 oz soufflé cup.

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

