

Jalapeño Olive Oil Spiced Roasted Pumpkin and Acorn Squash Seeds

These seeds make an addictively delicious snack for all pumpkin carvers

SERVES: 7 (8) oz. servings
PREP TIME: 10 minutes
COOK TIME: 1 hour
TOTAL TIME: 1 hour 10 minutes + Drying Time

INGREDIENTS

2 cups fresh uncleaned pumpkin and squash seeds
2 Tbsp. GC Napa Valley Natural Jalapeño Olive Oil
½ tsp. GC Napa Valley Olive Spice Blend
1½ tsp. GC Napa Valley Natural Sage Finishing Sea Salt
1 cup dry roasted peanuts or your favorite roasted nut

TO PREPARE

- Clean seeds: Put pumpkin and squash seeds in a bowl of cool water. Pinch away any flesh and strings and discard. Pour seeds into a colander and rinse. Shake colander to remove as much water as possible. Transfer seeds to a clean kitchen towel and pat dry. Allow seeds to air dry for a few hours or overnight.
- Sort through seeds and remove any broken or unusable seeds.
- Preheat oven to 275 degrees. Whisk the following in a medium size bowl: Jalapeño Olive Oil, Olive Spice Blend and Sage Finishing Salt. Add the seeds and stir to evenly coat. Spread seeds on a parchment lined baking sheet in an even layer. Roast for 45-60 minutes or until golden brown and crunchy, stirring every 15 minutes. Remove from oven and let completely cool.

TO SERVE

Put roasted seeds and roasted peanuts in a serving bowl for all to enjoy.

SHOPPING LIST

1 jar 16 oz. dry roasted peanuts or your favorite roasted nut

FROM YOUR PANTRY

Raw pumpkin and squash seeds
GC Napa Valley Natural Jalapeño Olive Oil
GC Napa Valley Olive Spice Blend
GC Napa Valley Natural Sage Finishing Sea Salt
Parchment paper, 1 sheet

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As a Wine Country Foodie member, you enjoy our Napa Valley Estate Garden and Vineyard to your doorstep.
Experience artisanal gourmet GC Napa Valley products and recipes with wine pairings.

www.oconnellfamilywines.com

