



**Sustainable Solano**  
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

## Toasted Squash Seeds

1 cup seeds from pumpkin / winter squash / honeydew melon, etc.

2 t. olive oil

1 t. spice blend (1/4 – ½ t. measurements of various spices, to equal 1 t. total)

½ t. kosher salt

Preheat oven to 350.

Rinse seeds and dry on a towel for 15 minutes. Toss seeds with oil & spices. Line sheet pan with parchment and spread seeds out.

Bake for 20-25 minutes, stirring halfway through. Cool and enjoy!

**Buy local! Get produce for this recipe from small Solano County farms.**

Visit <http://sustainablesolano.org/local-food/> for resources and information.