



Pumpkin Seed Spread

Ingredients:

- 1 ½ Cups raw, unsalted Pumpkin Seeds
- ½ onion cut into rounds
- 3 large paste tomatoes
- 2 cloves garlic
- ¼ Cup freshly squeezed lime juice or the juice of 1 lime
- 2-3 Tablespoons orange juice
- 3 teaspoons hot sauce, more to taste
- ½ teaspoon salt
- ¼ Cup fresh cilantro

Instructions:

1. Add pumpkin seeds to a dry, non-stick skillet and gently roast over med-high heat until they begin to turn tan and start to pop.
2. Remove from pan and set aside. When cooled, add them to a blender or food processor.
3. Using that same dry skillet, cut your onion into rounds and gently roast until they begin to soften and char. Repeat with both sides then remove from pan and add to blender.
4. Repeat the charring process with the tomatoes and garlic, turning frequently. When the skins have split and begin to blacken, remove from pan and add to blender. Remove skins from the garlic and add them too.
5. Add hot sauce, lime juice, and orange juice, and blend until smooth. Taste for salt and spice. Add ½ tsp salt (or to taste) as needed.
6. Add chopped cilantro and pulse a few times just to mix.

Serves 4.

Serving Suggestion:

Serve refrigerated with chips, crackers, or veggies, or use as a sandwich spread.

This is a great recipe to use with leftover pumpkin seeds when carving jack-o-lanterns!