

# Roasted Turban Squash Seeds

Courtesy of: [www.thebetterhomelife.com](http://www.thebetterhomelife.com)

## Ingredients:

- Seeds From 1 Turban Squash
- 2 Tablespoons olive oil
- Salt to taste

## Instructions:

First clean the seeds thoroughly. Simmer the seeds in salty water for 10 minutes. Drain the water and dry the seeds.

Preheat the oven to 300 degrees F. Toss the seeds in olive oil and salt to coat. Place the seeds on a parchment lined sheet pan. Bake for 45 minutes. Note: Some of the seeds will pop, it will sound like popcorn.