

# Cooking 101: Halloween Treats

---

## Roasted Pumpkin Seeds

Instead of throwing away the insides of your jack-o-lanterns, collect, wash, and roast the seeds along with the following seasoning:

- **Ingredients:**

2 cups raw pumpkin seeds (seeds from 1 medium sweet pumpkin)

3 tablespoons melted butter (or vegetable oil)

2 tablespoons soy sauce

1 tablespoon sugar (or splenda)

½ teaspoon five-spice powder (contains cinnamon, fennel, anise, clove and Chinese pepper)

- **Instructions:**

Heat the oven to 300 degrees. In a colander, rinse the seeds thoroughly under cold water to remove as much of the pulp as possible. Spread the wet seeds on several paper towels to remove excess moisture.

In a small bowl, combine the pumpkin seeds, melted butter, soy sauce, sugar and five-spice powder; stir to coat well.

Spread the seeds on a rimmed baking sheet and roast, stirring occasionally, until golden brown, 35 to 45 minutes. Check the seeds frequently to prevent burning. Cool for at least 20 minutes before serving.

---

## Kettle Corn

- **Ingredients**

1/2 cup unpopped popcorn kernels

1/4 cup white sugar

1/4 cup vegetable oil

- **Instructions:**

Place the popcorn and sugar in a large pot with vegetable oil. Over a medium heat, begin to pop the popcorn. Constantly shake the pot to ensure that the popcorn kernels and oil do not burn. Once the popping has slowed, remove the pot from heat.

For a fun spin, add candy into the kettle corn to give it color and party appeal. Dark chocolate M&M's are not only a sweet treat but are also a source of antioxidants. (Yield: 10 cups, popped)