

## **Roasted Squash Seeds**

Scrape seeds away from the squash. Clean and strain.

Boil the seeds for 5 – 6 minutes. Drain.

Using a baking sheet with edges, coat the bottom with  $\frac{1}{4}$  cup of olive oil.

Mix in  $\frac{1}{4}$  cup of soy sauce.

Mix in all the seeds, and spread them in a single layer.

Bake at 375 for 20 – 30 minutes, turning and stirring once or twice as they roast.

They are done when they are dry and crunchy. Careful – they can burn easily if you roast them too long.