Seeds

Organic Pumpkin Seeds - Roasted Salted

left coast ORGANICS

Country of Origin: Canada from imported ingredients Certified Organic Pro-Cert

Nutrition Facts
Valeur nutritive

Per 1/4 cup (34 g) / par 1/4 tasse (34 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 190	
Fat / Lipides 15 g	**23** %
Saturated / saturés 13 g + Trans / trans 0 g	**13** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 135 mg	**6** %
Carbohydrate / Glucides 1 g	**0** %
Fibre / Fibres 1 g	**4** %
Sugars / Sucres 0 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	0 %
Iron / Fer	20 %

Ingredients:

Organic pumpkin seeds and sea salt

Factoid:

Pumpkin seeds are commonly used in traditional Mexican cooking and are known as 'pepitas.' They provide minerals such as magnesium, zinc, iron, copper, and potassium.

Allergen Information:

This product may contain sesame, milk, soy, wheat, gluten, and tree nuts.

Recipe:

Butternut Squash Cakes

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Ingredients:
1 Tbl olive oil
1/4 C onion, diced
2 C butternut squash, grated and packed
1 tsp curry powder
1/2 tsp ground cumin
1/2 tsp sea salt
1/2 tsp freshly ground black pepper
1 large egg, beaten
1/4 C garbanzo-fava bean flour
3 Tbl corn flour
2 Tbl olive oil
1/4 C sour cream for garnish (optional)
2 Tbl pumpkin seeds

Instructions:
1. Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in onion; cook and stir until onion is softened, about 5 minutes. Set aside to cool.
2. Place butternut squash in a large bowl, and season with curry powder, cumin, sea salt, and black pepper. Toss with a fork, then stir in the egg, garbanzo-fava bean flour, and corn flour. Mix in cooled onions.
3. Heat 2 tablespoons of olive oil in a skillet over medium heat. Scoop about 1/4 cup of the butternut squash mixture into the pan. Flatten to a patty about 1/4-inch thick. Pan fry until crisp and browned, about 3 minutes per side. Repeat with remaining squash mixture.
4. Top with sour cream and pumpkin seeds before serving.