

# 🔥🍂 Roasted Acorn Squash Seeds (Whole30, Paleo) 🍂🔥

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If there's one thing I HATE in the kitchen more than anything, it's wasting food. Whether it be leftover produce, a meal in the refrigerator, or even the remaining seeds from making stuffed Acorn squash, it kills me to throw food away. Since it's the time of year where we all love using squash in recipes and carving jack-o-lanterns, this is just a friendly reminder that those seeds are a perfectly delicious snack just waiting to be roasted up! All you need are some Seeds, Olive Oil, & Salt!

## INGREDIENTS:

- 1 Cup of Squash Seeds, rinsed well(I used Acorn Squash)
- 1 Tbsp Olive Oil
- 1 tsp Salt

## INSTRUCTIONS:

1. Preheat oven to 300°F and line a large baking sheet with parchment paper.
2. In a small bowl, toss all of your ingredients together until evenly coated, then transfer to the parchment paper lined baking sheet and spread out in a single layer.
3. Bake for 15-18 minutes, then remove from oven. Sprinkle with any additional spices you'd like and Enjoy!

