

Save Your Pumpkin Seeds and Make a *Delicious Snack*

(Culinary.net) Don't throw out your seeds after this year's pumpkin carving. This healthy snack is easy to make at home and a fun project to get the kids involved.

Plus, this versatile Roasted Pumpkin Seeds recipe can be modified with any of your favorite seasonings or spices.

Visit Culinary.net to find more quick, simple snacks.

Roasted Pumpkin Seeds

Water

- 1 1/2 cups raw pumpkin seeds
- 2 teaspoons sea salt, plus additional for seasoning (optional)
- 2 teaspoons salted butter, melted
- 1 teaspoon garlic powder
- 1 teaspoon paprika

In pot over high heat, bring water to boil. Add pumpkin seeds and 2 teaspoons salt; boil 15 minutes. Drain water and spread seeds evenly on paper towels to dry.

Preheat oven to 350 F. Line baking sheet with foil or parchment paper.



In medium bowl, toss seeds and butter until coated well. Sprinkle with garlic powder, paprika and additional salt, if desired. Spread seeds evenly on baking sheet.

Bake 25-30 minutes, or until golden brown and lightly toasted. Stir every 10 minutes.

KEEP PETS SAFE THIS HALLOWEEN...

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HAZARDOUS FOOD AND DECORATIONS

"It's fun to include our pets in our celebrations, but it's also important to be aware of the dangers associated with Halloween to ensure their safety," said Jennifer Freeman, DVM, PetSmart's resident veterinarian and pet care expert. "Keep chocolate and candy out of paws' reach. Xylitol, a sugar substitute found in candy, gum, mints and baked goods, is toxic to pets and can cause liver damage."

Keep the Halloween fun going by establishing some rules for your family and any guests joining the festivities:

- Xylitol can be extremely dangerous to pets, even in small amounts. Just 1/8 teaspoon can cause dangerously low blood sugar in dogs and 1/2 teaspoon can cause liver damage. If xylitol is consumed by your pet, take him or her to a veterinarian immediately.
- Natural stimulants in chocolate can cause a range of symptoms like vomiting, diarrhea and abnormal heart rhythm.
- Raisins may cause a toxic reaction in dogs from vomiting to kidney failure.
- Cellophane, plastic and paper from candy wrappers and lollipop sticks can cause gastrointestinal upset.
- As an alternative to sharing dangerous snacks, stock up on some seasonal dog-friendly treats and set out a pet-specific bowl.

SEASONAL DECORATIONS CAN ALSO POSE A THREAT:

- Fall decorations like jack-o'-lanterns can cause gastrointestinal upset.
- Glow sticks can cause irritation, agitation and vomiting.
- Hot wax and flames from candles can potentially burn your pet's nose, tongue or tail.

DON'T FORGET THE FUN

Despite some concerns, Halloween can still provide fun moments for your pet:

- Take your dog along for trick-or-treating.
- Allow your four-legged friend to greet trick-or-treaters at the door.
- Encourage friends to dress up their pets and join the festivities.

Find more tips and tricks for keeping your pets safe this Halloween at PetSmart.com.



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