

## Salsa Verde de Pepitas ~ Green Pumpkin Seed Salsa

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### Salsa – Makes 3-4 cups

1 fresh jalapeño or 1 fresh serrano pepper

½ cup vegetable oil\*

1 clove garlic, minced

¼ tsp ground cumin

1 1/3 cups raw green (hulled) pumpkin seeds (also called pepitas\*)

Generous handful of cilantro (about 1 cup chopped)

1 ½ cups water

½ tsp salt

→Chop the jalapeño or serrano into rings. You do not have to remove the veins or seeds.

→Pour oil into a large heavy skillet. Heat on medium-high heat until oil shimmers. Then, add chopped pepper, garlic, cumin, and pumpkin seeds. Cook for 4-5 minutes, stirring constantly until seeds begin to pop. The seeds will also turn a golden brown color. Remove from heat.

→Carefully transfer seed mixture to a blender.

→Add cilantro (it does not need to be chopped since you are blending it), water, and salt.

→Blend on medium-high speed for 1-2 minutes until smooth.

→Serve with chips or chopped vegetables. It also tastes great spooned over grilled chicken.

#### NOTES:

- I like to use grapeseed oil or avocado oil as my neutral vegetable oil. It is estimated that about 90% of the U.S. canola crop is genetically modified, so I stay away from canola oil. I like [this grapeseed oil](#) and [this avocado oil](#).
- I like to buy my raw pumpkin seeds ([pepitas](#)) from [Trader Joe's](#). You can buy them online at [Amazon here](#). I like the Trader Joe's pepitas because they come from Mexico and Guatemala rather than China.

