

# RECIPES



## Sikil Pak

Sikil (tomato) pak (pumpkin seed) is a traditional Mayan dish from the Yucatan region of Mexico. Because squash and pumpkins are native to Latin America, the seeds inside have been used by local populations as a rich source of nutrients for centuries. Pumpkin seeds can be found by street vendors as flavorful snacks and are used in popular dishes like Sikil Pak as a salsa or dip. We love having Sikil Pak with fresh raw vegetables or tortilla chips for a mid-afternoon snack as well as pairing it with chicken.

Cook Time - 10 minutes

Makes roughly 1 cup

### INGREDIENTS

2 tablespoons canola oil

½ cup raw pumpkin seeds

1 medium shallot, finely chopped

½ small jalapeño, stemmed, seeded, and finely chopped

2 garlic cloves, minced

2 teaspoons sea salt

¼ cup Pumpkin Seed Butter

¼ cup parsley

¼ cup cilantro

Zest of 1 lime

Juice of one lime, about 2 tablespoons

½ cup canned fire roasted tomatoes with juice

- 1 In a large sauté pan, toast the pumpkin seeds over medium heat for about 5 minutes until lightly golden. Stir frequently as pumpkin seeds are quick to burn. Let cool and transfer to a food processor.
- 2 In the same sauté pan, heat the canola oil over medium heat and add the shallots, jalapeño, garlic, and a generous pinch of salt. Cook for about 5 minutes, until softened. Transfer to food processor and let cool.
- 3 Add the Pumpkin Seed Butter, parsley, cilantro, lime zest, lime juice, and tomatoes with their juice to the food processor. Puree until it reaches a smooth consistency. Taste and add more salt if necessary.
- 4 We love pairing this dip with fresh vegetables or tortilla chips as the perfect grilling snack and spreading it onto chicken.

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