

## Sweet & Spicy Sunflower Seeds

1 cup sunflower (or pumpkin) seeds  
4-5 Tbsp sugar  
1/4 tsp salt  
1/4 tsp ground cumin  
1/4 tsp ground cinnamon  
1/4 tsp ground ginger  
Pinch cayenne pepper to taste  
1 1/2 Tbsp peanut oil

**IMPORTANT:** Completely dry seeds if fresh (steps 1, 2 below) before adding spices.

- 1 Preheat oven to 250°. Line a baking sheet with parchment paper.
- 2 Spread seeds on parchment in an even layer. Bake until dry, stirring occasionally, about one hour. Let cool.
- 3 In a medium bowl combine 1-2 tablespoons sugar plus the salt, cumin, cinnamon, ginger, and cayenne. Set aside.
- 4 Heat peanut oil in a large nonstick skillet over high heat. Add seeds and 2 tablespoons sugar. Cook until sugar melts and the seeds begin to caramelize, about 45 to 60 seconds.
- 5 Transfer to the bowl with spices and stir well to coat the seeds. Let cool. If not served immediately, store in an airtight container for up to a week.

Great to add to your backpack for a short hike in the mountains around Vail.



a perpetual bond of friendship

Dear Wendy,

We've been "sisters" a long time. It's hard to believe it's 10 years since we all met as freshmen at Transy. We pledged  $\Delta\Delta\Delta$  together, partied together, went on spring break together, cried and laughed together, and even studied together now and then! And don't forget Keeneland and the Derby infield of course. Since graduating in 1998, we've scattered across the United States ... but we always come back together for weddings, and Kentucky will always hold a special place in our hearts. And now instead of sharing class notes and clothes, we're sharing recipes and memories of a decade of friendship.

Happy Anniversary!  
Paige, Angie, Meg & Leigh