

## Sikil Pak (Mayan Pumpkin Seed Dip) Recipe

Tamale Boy's Head Chef Abel Hernandez says, "A refreshing alternative to the traditional guacamole, Sikil Pak is an easy-to-make dip of roasted vegetables and toasted pumpkin seed. Serve with crispy tortilla chips or fresh vegetables, such as carrots, celery and cucumber. This recipe can be made in advance and refrigerated up to three days. Bring it to room temperature before serving."

We love the versatility and freshness of this dip. It's great for any season or occasion, and something different from the more commonly served dips and spreads.

*Gracias, Chef Abel!*

*Recipe courtesy of Head Chef Abel Hernandez and Owner Jaime Soltero Jr., of Tamale Boy in Portland, Oregon.*

### Ingredients:

- 1 cup pumpkin seeds
- 1 1/2 pounds of fresh, ripe tomatoes, sliced in half
- 2/3 cup coarsely chopped sweet onion, such as a Walla Walla
- 1/2 teaspoon of habanero pepper
- 1 tablespoon olive oil
- 1 tablespoon white wine vinegar
- 2 garlic cloves
- 1/4 teaspoon salt

### To Prepare:

1. In a dry skillet, toast the pumpkin seeds by stirring frequently over medium low heat until golden brown.
2. In a 400 degree oven, roast the tomatoes, onion, garlic and habanero pepper until they start to brown, about 20 minutes.
3. Grab your blender and add the pumpkin seeds, roasted vegetables, and all remaining ingredients and blend until smooth.

*- Photos courtesy Tamale Boy.*

### For More:

- Tamale Boy, [www.tamaleboy.com](http://www.tamaleboy.com)