

How to Raost Pumpkin Seeds

When I was still of trick-or-treating age (many, many moons ago), my friend's mom brought us a bowl of toasted pumpkin seeds while we were carving away. At the time I had no idea they were the remnants of the pumpkin we had just cleaned out, I simply gobbled up every last bite! When hollowing out your pumpkin, reserve the seeds and you will be rewarded with a wonderfully healthy and delicious snack. The following recipe for roasting pumpkin seeds is adapted from Recipezaar ...

Roasted Pumpkin Seeds

1 medium pumpkin
water
salt
1 tablespoon olive oil

Preheat your oven to 400°F and set the oven rack to the middle position. Once you have cut the pumpkin and removed the insides, separate the seeds out and rinse them in cold water to remove any remaining pumpkin flesh.

Place the seeds in a medium-sized saucepan with water and salt (use 2 cups water and 2 teaspoons of salt for every 1/2 cup of seeds). Bring the seeds to a boil and let simmer for 10 minutes. Remove from heat and drain well. Place the seeds on a paper towel and pat them until they are fairly dry.

Brush about 1 tablespoon olive oil in the bottom of a cookie/baking sheet. Spread out the seeds onto the cookie/baking sheet in one layer. Bake for about 20 minutes or until the seeds begin to brown. When the seeds are browned to your liking then remove from oven and let the pan cool on a rack. Sprinkle with salt if desired. Either crack open to remove the inner seed or eat whole.