

# Roasted Pumpkin Seeds



## Ingredients:

1 Medium Pumpkin  
Salt to taste  
1-2 TBS Olive Oil

Prep: 10 min  
Cook: 35 min

## Instructions:

- Cut pumpkin, scrape out pulp, remove seeds and rinse in colander separating seeds from strings and pulp.
- Measure amount of seeds in a measuring cup.
- Place in a medium saucepan. Add 2 cups water and 1 TBS salt to pan for every  $\frac{1}{2}$  cup of seeds.
- Bring water to a boil and boil for 10 minutes. Remove from heat and drain.
- Preheat oven to 400 degrees.
- Coat the bottom of a baking sheet with olive oil, spread seeds on pan and mix around to coat. Seeds should be in a single layer on baking sheet.
- Bake until seeds are lightly brown. Watch the seeds carefully. Baking could take 5-20 minutes depending on seed size. When lightly browned remove pan from oven and cool completely.

## Tips:

Use carving pumpkin!  
You can either crack and peel outer shell or eat whole!

## Other Ideas:

Add more salt to seeds on baking pan (to taste)  
Try a little chili powder to taste  
Sweeten them up with a little sugar and cinnamon