

# Roasted Pumpkin Seeds

**Prep Time: 10 minutes**

**Cook Time: 30 minutes**

**Difficulty: Beginner**

**Serves: 4**

**Attributed: Draeger's  
Market**



## Ingredients:

- Seeds from a pumpkin (this recipe is very versatile in quantity)
- Table Salt
- Extra Virgin Olive Oil
- Your Favorite Spices

## Directions:

If you are not starting with the guts from a Halloween pumpkin, begin this recipe by carving your pumpkin and scraping out the stringy insides and seeds. Once you've acquired your seeds, place them in a large colander and run them under cold water to help remove the seeds from the pumpkin strings. Once cleaned, the next step will be to boil the seeds.

Measure the seeds to find out how many cups you have. The ratio is simple: 2 cups of water and 1 tablespoon of table salt to each cup of seeds. Bring the seeds, water, and salt to a boil and simmer for 10 minutes. While the seeds are boiling, preheat the oven to 400°F. Once the seeds are finished boiling, drain them and pat them as dry as possible using a clean dish towel (the drier the better).

Once dry, transfer the seeds to a small bowl and toss them with enough olive oil to coat them. At this point, you can get creative with the spices! You can try a blend of cinnamon and sugar, or salt, pepper, and paprika, or salt and garlic powder. Once you've made your blend, lightly dust your seeds with the blend and toss them one last time in the bowl.

Place them in a single layer on a baking sheet and pop them in the oven for 8-15 minutes. Smaller seeds will cook faster, so at the 8-minute mark check your seeds and leave them in longer- some larger seeds can take up to 20 minutes to toast. Once the seeds have a lovely golden brown color they are done. Simply remove them from the oven and let them cool. Store them in either a Mason jar or a Ziploc bag.