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How to Make Homemade Roasted Pumpkin Seeds!

These days, roasted pumpkins seeds are all the rage. Tasty, full of anti-oxidants, high in fiber and protein, gourmet shops and health food stores stock them. Here's an EASY recipe to make them yourself!

Ingredients and Equipment

- Pumpkin, any variety (see step 1)
- a sharp, serrated large knife
- Cookie sheet
- Vegetable oil
- Salt pepper, general herbs

Recipe and Directions

Step 1 - Clean the seeds



When you are carving your pumpkin, separate the seeds from the pumpkin flesh and strings. Wash them well (usually putting them in a big bowl of water and rubbing them between your hands is a fast way to clean them) and spread them on paper towels to dry.

It is also time to start preheating the oven. Turn it on and set it to 275 F (150 C, for those in Europe)

Step 2 - Spread the seeds on a cookie sheet and season them

Spread the seeds evenly over a cookie sheet and lightly baste the seeds with melted butter, margarine, or vegetable oil. There are many variations. Here are the most popular, in order of popularity:



1. **Savory:** 4 tablespoons melted butter, 1/2 teaspoon garlic salt and 2 teaspoons Worcestershire sauce
2. **Lemony:** 4 tablespoons melted butter, 1 teaspoon 'Mrs. Dash' or lemon pepper
3. **Halloweeny:** 4 tablespoons melted butter, 1 teaspoon cinnamon, 1/2 teaspoon ground ginger, 1/2 teaspoon salt, and 1/2 teaspoon ground allspice.
4. **Spicy:** 4 tablespoons melted butter, 1 teaspoon cayenne pepper, 1/2 teaspoon thyme, 1/2 teaspoon salt and 1/2 teaspoon pepper

Step 3 - Roast the seeds



Heat them in a 275-degree oven for 10 to 20 minutes until golden brown. DO KEEP AN EYE ON THEM, checking every few minutes and stir about every 5 minutes. Some ovens run hot and it can be as little as 10 minutes or as long as 30 minutes to roast them.. Sprinkle with salt and serve hot or cold.

deep oil.

For milder flavor, simmer the cleaned seeds for about an hour in salted water and fry in