

How to Roast Pumpkin Seeds



When it comes time to carve your pumpkin for Halloween don't deny yourself one of the best taste treats of the season, roasted pumpkin seeds. After all you are going to be up to your elbows in pumpkin goo, why not have one more reward for all the effort. Believe me, once the pumpkin is carved, the process of roasting the seeds is almost as easy as popping corn...

...and maybe just a little bit yummiier if you add all sorts of tasty enhancements!



Instructions:



1 Rinse pumpkin seeds under cold water and pick out the pulp and strings. This is easiest just after you've removed the seeds from the pumpkin, before the pulp has dried. Place the seeds in a big bowl of water and rub them between your fingers to remove the pumpkin flesh.

2 Then place in a colander and let drain for 15-20 minutes.



3 Place the clean seeds on a cookie sheet and let dry thoroughly for about 20 minutes.



To speed the process use a blow dryer, if you are like me, turn that baby on high, we have seeds to roast and eating to do.

4 Preheat the oven to 350 degrees.

5 After the seeds are dry, place on a greased baking sheet (non-stick spray works great) in a single layer.





6 Add butter...



...and salt for a very simple recipe.

7 Bake for about 5 minutes, stir the seeds and add a little more butter and salt.



8 Continue baking for about 20 more minutes or until seeds start looking...well toasted!

9 Allow to cool, then store in an air tight container, that is if any are left.

For a few different recipes try...

1. **Savory:** 4 tablespoons melted butter, 1/2 teaspoon garlic salt and 2 teaspoons Worcestershire sauce
2. **Lemon:** 4 tablespoons melted butter, 1 teaspoon 'Mrs. Dash' or lemon pepper
3. **Halloween:** 4 tablespoons melted butter, 1 teaspoon cinnamon, 1/2 teaspoon ground ginger, 1/2 teaspoon salt, and 1/2 teaspoon ground allspice.
4. **With a kick:** 4 tablespoons melted butter, 1 teaspoon cayenne pepper, 1/2 teaspoon thyme, 1/2 teaspoon salt and 1/2 teaspoon pepper
5. **Natural:** 1 teaspoon sea salt or other salt, 4 tablespoons melted butter,
6. **Cinnamon and Salt** 1 teaspoon salt and 1/2 teaspoon ground cinnamon

Now as far as eating, that is easy; find a nice comfy chair, place chair on front porch. Light a pumpkin or two. Open a favorite beverage and start chowing down.....and most of all have a Happy Halloween from Matt and Shari.

Matt



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