

## ROASTED PUMPKIN SEEDS – 3 VARIATIONS

Prep your seeds: scoop seeds out of pumpkin, rinse in a colander and separate from the stringy pulp. Pat dry (if possible, spread out on a rimmed cookie sheet to dry 3 hrs. to overnight—seeds roast better when dry!).

### Toasted Pumpkin Seeds with Sugar & Spice (from allrecipes.com)

1 c. raw pumpkin seeds, rinsed & dried  
6 tbsp. white sugar, divided      1/4 tsp. salt  
1/2 tsp. pumpkin pie spice      1 tbsp. vegetable oil

- Preheat oven to 250°. Spread pumpkin seeds in a single layer on a baking sheet. Toast 45 minutes, stirring occasionally, until dry & toasted.
- In a large bowl, stir together 2 tbsp. of white sugar, the salt, and pumpkin pie spice. Set aside.
- Heat the oil in a large skillet over medium-high heat. All the toasted seeds and sprinkle the remaining 4 tbsp. sugar over the seeds. Stir with a wooden spoon until the sugar melts, about 45 seconds.
- Pour seeds into the bowl with the spiced sugar & stir until coated. Cool before serving, store in an airtight container at room temperature.

### Roasted Pumpkin Seeds (from food.com)

1-1/2 c. pumpkin seeds, rinsed & dried  
2 tsp. melted butter (or olive or vegetable oil)  
Salt      Add to taste any of the following:  
garlic powder      cayenne pepper  
seasoned salt      cajun season

- Toss seeds in a bowl with melted butter, salt, and selected seasonings. Spread in a single layer on a baking sheet.
- Bake at 300° for 45 minutes, stirring occasionally.

### Spicy Roasted Pumpkin Seeds (from cooks.com)

3 c. pumpkin seeds, rinsed & dried  
1 tsp. cinnamon      1/2 tsp. cloves  
1/2 tsp. nutmeg      salt to taste

- Spray a non-stick (rimmed) cookie sheet with Pam.
- Mix seeds and spices and spread on the pan.
- Bake at 375° for 15-20 minutes, stirring several times. Remove when crunchy.