

Pumpkin Seeds, Roasted

Serves: 4 | Serving size: 1/4 cup

Ingredients Needed:

- 1 pumpkin (using 1 cup raw pumpkin seeds)
- 1 tablespoon olive oil
- ¼ teaspoon or salt to taste



Directions:

1. Preheat the oven to 350°F.
2. Carve the pumpkin, and separate pumpkin seeds from the stringy pulp.
3. Rinse raw pumpkin seeds in a colander under cold running water, and shake or pat seeds dry with a paper towel.
4. In a bowl, toss seeds in olive oil and salt.
5. Spread seeds on a lightly greased cookie sheet.

6. Roast seeds in the oven for 20–30 minutes or until golden brown, flipping halfway through.